INSPIRING IDEAS FOR EVERYDAY LIVING

Canadian Living

WIN
A DREAM VACATION FOR FOUR

TURN OVER A NEW LEAF
TAKE THE STRESS OUT OF SEPTEMBER

Cranberry Seed Muffins

GREAT SLEEP
IT'S EASIER THAN YOU THINK

BUDGET-FRIENDLY WEEKNIGHT DINNERS

QUICK BREADS
LOAVES, CAKES AND MUFFINS IN A JIFFY

FROM FLEA MARKET TO FABULOUS HOME DECOR

UP CLOSE WITH SARAH McLACHLAN

SEPTEMBER 2010 **$3.99**

09

6 20058 71551 2

PM40064924 R08967

More at ebook-free-download.net or magazinesdownload.com

© 2010 Sears Canada Inc.

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

TAKE THE PRO-X 28 DAY CHALLENGE

See how 28 women transformed the look of their skin in only 28 days!

It's true: women who use Olay Professional Pro-X have noticeably younger-looking skin – and the results are visible in just a few weeks. We asked 28 women to try the Pro-X starter protocol for 28 days and blog about their journey. The outcomes were amazing! See the visible results one woman experienced below, then read about all 28 transformations at **prox28daychallenge.ca**

28 DAY EXPERIENCE: LYNN, MOTHER OF FIVE, AGE 51

"From the first day I started using Olay Professional Pro-X, my skin has felt refreshed, soft, and started to look more even toned. It's as if my skin has come back to life, particularly the area around my eyes, which I think looks smoother and more youthful."

No makeup or special lighting was used to enhance these images.

More at ebook-free-download.net or magazinesdownload.com

The power of Pro-X Specially formulated by an expert team of Olay scientists and skin specialists, Olay Professional Pro-X is a scientifically advanced line of anti-aging moisturizers, clinically proven to reduce the subtle signs of aging, especially around the eyes and mouth. The ingredients in these breakthrough products "resignals" the skin by exfoliating to renew and revitalize the surface while also replenishing the moisture barrier.

You'll see results in 28 days... satisfaction guaranteed.*

See what women like you are saying about Olay Professional Pro-X Go online to read daily blogs from 28 women across Canada who volunteered to try the Pro-X starter protocol. Find out about their experiences and read their comments. Then, download the money-saving coupon and take the 28 Day Challenge yourself!

prox28daychallenge.ca

OLAY®
PROFESSIONAL
PRO-X

* Satisfaction guaranteed or your money back. For details, call 1-866-511-OLAY (6529) with UPC within 60 days of purchase.

More at ebook-free-download.net or magazinesdownload.com

Canadian Living

VOLUME 35, NO. 9

TURN OVER A NEW LEAF SEPTEMBER 2010

One small change can make all the difference – bringing you a step closer to living the life you really want.

91 September: Ease the Stress

65 Get Your Best Sleep Ever

147 Quick & Easy

119 Castoffs to Collectibles

23 Everyday Matters

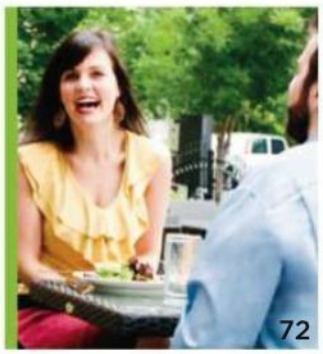
188 Win a Dream Vacation for Four

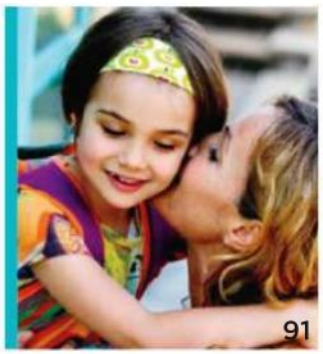
139 Quick Breads

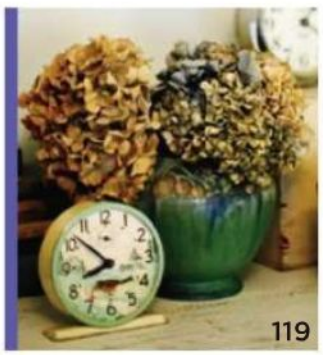
Cover photograph, Jim Norton
Food styling, Claire Stubbs
Prop styling, Laura Branson

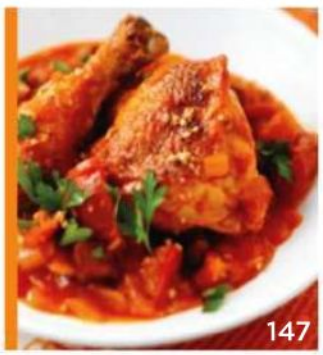
PHOTOGRAPHY, JUPITERIMAGES/THINKSTOCK

More at ebook-free-download.net or magazinesdownload.com









IN EVERY ISSUE
10 **Between Friends**
15 **Your Words**
23 **Everyday Matters**
98 **C'est la Vie**
197 **Sources**
199 **Recipe Index**
200 **My Canada**

beauty is everywhere

33 **Runway, Your Way**
High-fashion styles translated for everyday wear

41 **Shades of Fall**
Celebrate the autumn beauty bounty with the latest looks

51 **Editor's Choice**
Fight free radicals with advanced antioxidant-rich skin-care solutions

57 **Style Matters**
Alexander McQueen polished; three ways to wear classic French stripes; the Secret is out; mascara lineup

health is happiness

65 **Get Your Best Sleep Ever**
Tuck yourself in for a full night's sleep with the newest nap-worthy research

72 **Whole Life Makeover, Part 3**
It's the homestretch for our two health and wellness makeover participants

79 **Work Out, Rest Easy**
A fitness fix that will leave you feeling rested and refreshed

85 **Health Matters**
Food allergies at school; bar snacks; best bottle for baby; pillow talk

life is for living

91 **September: Ease the Stress**
Keep calm and carry on into the new season

103 **Wake-Up Call**
Don't let Rover set your alarm clock – here's how to get your pet to sleep through the night

106 **Back to School – Greener than Ever Before**
Get on the bus, Gus, with these eco-conscious school solutions

110 **Dollars for Sense**
The five options for financing your child's education

113 **Life Matters**
Help for homelessness; sizing up backpacks; vacation snaps on the big screen

home is pride

119 **Castoffs to Collectibles**
Turn your flea market finds into fantastic treasures

127 **Windows of Opportunity**
Salvage your sanity with this DIY organizer project

130 **Ready to Pick**
How do you know when your garden has grown?

132 **Get Door-ganized**
A few household items and half an hour are all it takes to keep your kids' stuff secure

135 **Home Matters**
Create a simple server; cordless drills compared; the history of china painting

food is love

139 **Quick Breads**
Rapidly rising loaves, cakes and muffins that you can enjoy lickety-split

147 **Quick & Easy**
Have dinner on the table in a flash with these five short-order dishes

155 **Blue Cheeses**
Canada's distinctive mouthwatering moulds

161 **In Season: Corn**
Let's ear it for recipes that honour the short corn harvest

170 **Lone Star BBQ**
Dig out the napkins and rustle up this Texas-style barbecue feast

179 **Dinner on a Budget**
Boring ground beef gets a boost from new flavours and textures

183 **Veggie Delights**
A scrumptious sneak preview of our newest cookbook, *The Vegetarian Collection*

191 **Food Matters**
Smokehouse barbecue; tomato know-how; wines to pair with fall fare; top popcorn poppers

HEART & MUSIC

Buy Our September Issue!

Purchase a copy of our September issue at any Shoppers Drug Mart across Canada between Sept. 20 and 26, and we will donate 50 cents to Heart and Music, supporting innovative ovarian cancer research.

More at ebook-free-download.net or magazinesdownload.com

Canadian Living

on the web this month

Need more *Canadian Living* every day? Visit us online at canadianliving.com/september.

everyday matters

- Find 10 reasons to fall in love with fall
- Want your pet to look sharp? We've got the latest in pet accessories
- Get six amazing tips on how to declutter your closet
- Read the entire interview with Sarah McLachlan and hear tunes from her new album, *Laws of Illusion*

beauty is everywhere

- Learn the best ways to curl your lashes and apply mascara
- What red lipstick suits you best? Watch our video
- Discover great places to see in Halifax
- Get more skin-saving antioxidant secrets

health is happiness

- Are you getting enough sleep? Take our quiz
- Learn top tips on creating a sleep-friendly bedroom
- Read about five hot fitness trends guaranteed to get you out of your workout rut
- Tell us: What is the best way to keep your kids healthy and safe from germs at school?

life is for living

- Does your furry friend rock around the clock? Share stories, photos and videos of your pet – and your solutions
- Learn more about scholarships
- Discover other great ways to make going back to school a breeze
- Tell us: What's September like at your place?

home is pride

- Show us how you display your flea market finds
- Get harvest recipes for all of your garden produce

food is love

- Get expert nutrition tips and great recipes for young vegetarians, and enter to win one of five copies of *The Vegetarian Collection*
- Find our favourite banana bread recipes
- Try out our zippy corn-on-the-cob toppings
- Order our new recipe collection, *Eat Right* Volume 3

contests

- Sign up for our pet e-newsletter, Paws for Thought, for your chance to win a pet-friendly prize pack from Hill's Science Diet
- Tell us which article in our Life section has given you advice you've used and how, and you could win a *Canadian Living* recipe library
- Win one of four copies of *Eco Chic Home*
- Enter to win a basket from McCormick's, plus a copy of *The Barbecue Collection*
- Cast your vote in *Canadian Living*'s Crazy Cakes Contest

Find us on Facebook
facebook.com/canadianliving

twitter
@canadian_living

I need a change!

Here's how you answered the June survey

Hmm... What room can I transform, just by changing the colour of the walls?

a- Living room **56.5%**
b- Kitchen **21.2%**
c- Dining room **3.5%**
d- Bathroom **18.8%**

My palette would be ...

a- Neutral colours **42.4%**
b- Soft pastel colours **24.7%**
c- Bright and energetic colours **28.2%**
d- Dark colours **4.7%**

This change would make me ...

a- Proud **5.9%**
b- Happy **21.2%**
c- Relieved **8.2%**
d- All of the above! **64.7%**

results

We hope that our tips and advice, along with the **SICO Scrapbook Folder,** have been or will be useful in helping you carry out your decorating projects!

Need more info?

See our exclusive articles on home decorating and read the rest of the above survey online. It's easy and it can help you make smart choices!

Go to:
www.styleathome.com/sico

SICO

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

accentuate your bottom line

INTRODUCING DE LUXE COMFORT JEANS, **$40** ALL SIZES

Special washes and stitching, pretty studs, sequins and rivets on the back pockets add a luxurious touch to your favourite jeans. Now you can keep up with the latest trends in comfort. Reitmans De Luxe Jeans come in different leg shapes and sizes and with different details. Wear them to work, or dress them up at night with a great pair of heels. Our jeans were tested at "fit parties" by Petite, Regular and Plus customers, where everybody and every body agreed–they look and feel fabulous! Find out more at www.reitmans.com

THE ORIGINAL COMFORT™

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

Between Friends

What's Inspiring Me This Month:

Fauna
(Random House, 2010, $29.95), by Alissa York. This book captures the best of two of my favourite things: love stories and wild animals.

Ovarian Cancer Awareness Month
One in 70 Canadian women will develop ovarian cancer.

Heart and Music
I am honoured to be cochairing the Heart and Music event at Toronto's Elgin and Winter Garden Theatre on Nov. 29. The event helps support innovative research. Visit heartandmusic.com.

For many of us, September is the start of a new year, so it's appropriate that our theme for this issue is "turning over a new leaf." Most of us have taken our summer vacations, the kids go back to school; it's the perfect time to make a few changes in your life, big or small.

This month's C'est la Vie column (page 98) features the reflections of Miriam Osborne, a former senior editor at *Canadian Living*. She traded in her full-time job for the halls of academia. Talk about turning over a new leaf!

We were fortunate to interview Sarah McLachlan (page 30), who, after an 11-year hiatus, has been busy resurrecting Lilith Fair, which is touring around the world and raising money for women's causes. I'm sure you'll also be inspired by the changes she's made in her personal life.

This month you'll find ideas throughout every section of the magazine and our website that may inspire you to try something new. In Everyday Matters you'll read about Cleaning Up the Country (page 28) – maybe there's a cleanup initiative in your community that you would like to kick-start. Or it could be as basic as getting rid of clothes you haven't worn in years (page 24). Need a change in your look? Try red lipstick (page 41). Need to boost your energy levels? Look no further than "Get Your Best Sleep Ever" (page 65) for some great techniques to get some z's. And don't miss "September: Ease the Stress" (page 91), which will help you get through the traditionally stressful month on a calmer note.

Finally, if you have a pet that likes to rock around the house all night, creating all manner of racket, flip to "Wake-Up Call" (page 103) for fresh tips on how to settle down your four-legged friend.

I have my own to-do list to help me turn over a new leaf.

- Clean out my closets. I have a fairly small house and I take up three of the five closets.
- Play the piano. First I have to buy one. Then I have to start playing again after a 25-year break.
- Learn to bake. OK, that will require me to take classes. The one in my life who will be happiest is my dog, Scooter McGee, who is always nearby when I'm in the kitchen. (Me and my electric mixer – not pretty. This could also require a more regimented cleaning routine….)
- Lastly, I plan to have some noninvasive work done on my face. It maybe isn't everyone's cup of tea, but if I don't do it, I'll never know. I've commandeered my friend and colleague Karen Kwinter (fondly nicknamed Kiwi) to join me on this adventure. (I promise not to do anything too dramatic.)

Have an inspired day.

– Susan Antonacci
susan@canadianliving.com

PHOTOGRAPHY, HAIR AND MAKEUP, HANOCH DRORI

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

© Procter & Gamble, Inc., 2010

Using a sensitivity toothpaste?
You're not getting all the protection you want.

CLINICALLY PROVEN ACTIVE INGREDIENTS

With New Crest Pro-Health Sensitive Shield, you get it all.

If you're using a sensitivity toothpaste, you're not getting the protection against tartar, plaque and gingivitis you want. Only Crest Pro-Health* toothpastes have clinically proven active ingredients that protect against sensitivity and all these areas dentists check most.

NEW Crest PRO-HEALTH SENSITIVE SHIELD

Healthy-Looking, Beautiful Smiles for Life.

*Reduces gingivitis, plaque, tartar, prevents cavities, builds increasing protection against painful sensitivity.

CAVITIES | GINGIVITIS | PLAQUE | SENSITIVITY | TARTAR | WHITENING | FRESHENS BREATH

More at ebook-free-download.net or magazinesdownload.com

Canadian Living

EDITOR-IN-CHIEF *Susan Antonacci*

CREATIVE DIRECTOR *Michael Erb*
EXECUTIVE EDITOR *Doug O'Neill*
MANAGING EDITOR *Christina Anson Mine*
ADMINISTRATOR *Olga Goncalves Costa*

FOOD
FOOD EDITOR *Gabrielle Bright*
SENIOR EDITOR *Beverley Renahan*
CONTRIBUTING EDITOR *Andrew Chase*

HEALTH
EDITOR *Kathryn Dorrell*
SENIOR EDITOR *Wendy Graves*
DIETITIAN *Cara Rosenbloom, RD*

LIFE
SENIOR SECTION EDITOR *Donna Paris*
SENIOR EDITOR *Wendy Graves*

FASHION & BEAUTY
EDITOR-AT-LARGE *Karen Kwinter*
ASSISTANT EDITOR *Julia McEwen*
EDITORIAL ASSISTANT *Katherine Flemming*

HOME & GARDEN
SENIOR EDITOR, DECOR *Karen Kirk*

THE TEST KITCHEN
SPECIAL PUBLICATIONS FOOD EDITOR *Alison Kent*
SENIOR FOOD SPECIALIST *Adell Shneer*
FOOD SPECIALISTS *Soo Kim, Rheanna Kish (on leave)*
FOOD EDITOR-AT-LARGE *Christine Picheca*
SOMMELIER *Anne Martin*

ART
SENIOR ASSOCIATE ART DIRECTOR *June F. Anderson*
ASSOCIATE ART DIRECTOR *Miguel Cea*
ART PRODUCTION COORDINATOR *Erin Poetschke*
CONTRIBUTING ART DIRECTORS *Chris Bond, Alice Unger*

COPY
COPY CHIEF *Lisa Fielding*
ASSOCIATE EDITOR *Austen Gilliland*
ASSISTANT EDITOR *James Doyle*
RESEARCHER *Sarah Jane Silva*

EDITORIAL ASSISTANTS *Patrick Flynn, Teresa Sousa*
INTERNS *Jaime Eisen, Jacqueline Flaggiello, Cassandra Maciel, Mia Parres, Elizabeth Zahur*

GROUP PUBLISHER *Lynn Chambers*

ADVERTISING SALES
ADVERTISING SALES DIRECTOR *Nadine Starr*
SALES MANAGERS *Louisa Di Tullio (East), Kevin McEwan (West)*
NATIONAL ACCOUNT MANAGERS *Israël Brais, Julie Courchesne, Jane Curran, Monique Hourd, Marie Josée Lefebvre, Sylvie Lizotte, Andrea McBride, Andrea Topping, Anna Vecera Marto*
RESEARCH MANAGER *Wendy Lambie*
SENIOR RESEARCH ANALYST *Eva Chau*
DIRECT RESPONSE *Kathleen Irish*
CREATIVE DIRECTOR, PROMOTIONS *Linda Stephenson*
ART DIRECTORS, PROMOTIONS *Susan Jackson, Dan Kishchuk, Peter Robertson*
ASSISTANT ART DIRECTOR, PROMOTIONS *Melissa Louie*
PROMOTIONS MANAGERS *Sarah Conroy, Joanne Landry, Kylie Martin*
ADVERTISING COORDINATION MANAGER *Janice Clarke*
TRAFFIC COORDINATOR *Joanne Richardson*

KEY ACCOUNTS
VICE-PRESIDENT, SALES, CONSUMER PUBLICATIONS *Caroline Medwell*
DIRECTORS *Jessica Scott, Gayle Taguchi*
SALES ASSOCIATE *Nicole Ciffolillo*

360° SOLUTIONS
SALES MANAGERS *Connie Corner, Patricia Châteauneuf*
MARKETING MANAGER, CONSUMER INSIGHTS *Julie Fiorini*

CANADIAN LIVING ONLINE
SENIOR VICE-PRESIDENT, NEW MEDIA AND DIGITAL SOLUTIONS GROUP *John Clinton*
DIRECTOR, WEB OPERATIONS AND INFRASTRUCTURE *Martin Rousseau*
ONLINE PRODUCT DIRECTOR *Angie McKaig*
ONLINE CONTENT DIRECTOR *Catherine Gray*
MARKETING DIRECTOR, DIGITAL GROUP *Guillaume Brunet*
OPERATIONS MANAGER *John Kuipers*
WEBMASTER, ENGLISH MEDIA *Dmitry Beniaminov*
GRAPHIC DESIGNER *Alexandra Ishigaki*
VIDEOGRAPHER *Ryan Da Silva*
SENIOR WEB EDITOR *Jennifer Villamere*
WEB FOOD EDITOR *Colleen Fisher Tully*
WEB EDITOR *Daniela Payne*
WEB COORDINATOR *Rachel Singer*
WEB EDITORIAL ASSISTANT *Tasia Rivero*

ONLINE ADVERTISING SALES
NATIONAL SALES DIRECTOR, DIGITAL MEDIA *Ken McMillan*
SALES MANAGER, DIGITAL MEDIA *Emelie Brunet*
WEB OPERATIONS COORDINATOR *Tina Chanthaboury*
DIGITAL OPTIMIZATION SPECIALIST *Dominik Majka*

BUSINESS MANAGER *Nancy Baker*
ASSOCIATE BUSINESS MANAGERS *Vincent Cheung, Angel Palacios*

COMMUNICATIONS AND PROMOTIONS
DIRECTOR *Avra Goldenblatt*
SENIOR SPECIALIST *Janis Davidson Pressick*
SPECIALIST *Carlie McGhee*
COORDINATOR *Alyson Young*

VICE-PRESIDENT, CONSUMER MARKETING, ENGLISH MAGAZINES *Christopher Purcell*
SUBSCRIBER ACQUISITION MANAGER *Lisa Rivers*
SUBSCRIBER RENEWAL MANAGER *Doris Chan*
FULFILLMENT MANAGER *Laurie Brooks Smith*
DIGITAL MARKETING MANAGER *Jason Patterson*
DIRECTOR, NEWSSTAND SALES *Pat Strangis*
NATIONAL MARKETING MANAGER *Michael Hughes*
NATIONAL DISTRIBUTION MANAGER *Bernardette Menchise*
MANAGER, PRODUCTION TECHNOLOGIES AND TORONTO PRODUCTION CENTRE *John Palmeri*
PRODUCTION COORDINATOR *Judy Strader*
DIRECTOR, INFORMATION TECHNOLOGY *Rob Batten*
IT PROJECT MANAGER *Colleen Simm*
TECHNICAL SUPPORT *Trevor Gillingham, Jean-Marc Kwong-Chip, Saleem Ladha, Quentin Summers, JP Timmerman*

TRANSCONTINENTAL MEDIA G.P.
CHAIRMAN OF THE BOARD *Rémi Marcoux*
PRESIDENT AND CEO *François Olivier*
PRESIDENT, MEDIA SECTOR *Natalie Larivière*
SENIOR VICE-PRESIDENT, BUSINESS AND CONSUMER SOLUTIONS GROUP *Pierre Marcoux*
SENIOR VICE-PRESIDENT, SALES, BUSINESS AND CONSUMER SOLUTIONS GROUP *Reneault Poliquin*
VICE-PRESIDENT, FINANCE *Haig Poutchigian*

Magazine inquiries: (416) 733-7600 | letters@canadianliving.com
Recipe inquiries: (416) 733-7600 ext. 4435 | transcontinental-media.com
Subscription inquiries: (905) 946-0275 | canadianliving.com

CANADIAN LIVING MAGAZINE is published monthly by Transcontinental Media G.P., 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7, (416) 733-7600; in U.S.A., 400 Woodward Ave., Buffalo, N.Y. 14217. Printed at Transcontinental Printing G.P. RBW Graphics, 2049 20th St. E., Owen Sound, Ont., N4K 5R2. Distributed by Coast to Coast Newsstand Services. Postage paid at Gateway in Mississauga, Ont. Periodicals postage paid at Buffalo, N.Y. USPS 710-890. U.S. Postmaster, send address changes to Box 766, Buffalo, N.Y. 14240-0766. ISSN 0382-4624. Publication mail agreement #40064924. Registration #08967. Return undeliverable addresses to: Canadian Living, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. All reproduction requests must be made to: COPIBEC (paper reproductions) – (800) 717-2022, CEDROM-SNi (electronic reproductions) – reproduction@cedrom-sni.com. Cover price: $3.99. Subscriptions in Canada, one year $27.98 (plus tax). In the United States, one year $37 (payable in advance). In all other countries, one year $59 (payable in advance). We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities. Canada

Transcontinental
MEMBER OF Magazines Canada
PMB
Audit Bureau of Circulations

© Procter & Gamble, Inc., 2010

Flossing doesn't have to be a pain.

Glide Pro-Health for Sensitive Gums is the softest Glide ever.* It slides easily into tight spaces for a more gentle flossing experience.

Glide

*vs. Glide Original

More at ebook-free-download.net or magazinesdownload.com

CHAPMAN'S

From Our Family to Yours, Thank You Canada

Chapman's Ice Cream...A New Beginning

Proudly Canadian

O Canada!

At Chapman's, we're very proud to be Canada's largest independent ice cream manufacturer. We established our company in the community of Markdale, Ontario and it's where we continue to live and work.

Our Greatest Challenge

For over 35 years Ice Cream has been our business and our passion. On September 4th, 2009 a fire destroyed our factory and we were faced with our greatest challenge.

Our Response

We've always been committed to our community and now more than ever that fierce pride gives us the strength to rebuild our factory in the very same community that gave us our start. So, Thank You Canada for believing in us!

1-800-265-9110 • www.chapmans.ca

We've never been more proud to be Canadian!

More at ebook-free-download.net or magazinesdownload.com

Your Words

Our monthly roundup of reader feedback and insights

SQUARE CHALLENGE

Thank you for the great pattern for a maple leaf quilt square ("So Square It's Hip") in the July issue. I was invited to a Canada Day party, so I made it as my hostess gift. I am a new quilter and it went together very easily.

– Linda Johnstone, Winnipeg

The classic maple leaf quilt square in traditional Hudson's Bay colours was part of my vision for a dream cottage. I shared this ideal with my mom last fall as we started construction on our very own cottage. Thanks to her talented hands, my dream became a reality. When I came upon the article "So Square It's Hip," I could not resist sharing her classic maple leaf quilt square creations, which adorn our completed cottage. I now look forward to building memories of our time spent here with family and friends. I also cherish the idea of passing these heirlooms of love on to my own children and grandchildren.

– Monique Chrétien, Sudbury, Ont.

Editor's Note: Submit pictures of your maple leaf quilt square projects for a chance to have your work featured in our July 2011 issue! Visit canadianliving.com to find out how.

MORE TO CANADA

I am writing in regards to "The All-Canadian Travel Planner" (June). I was disappointed that absolutely nothing was mentioned about Victoria or even Vancouver Island.

There are so many neat and fun festivals and things to do: hiking the West Coast Trail, kayaking, biking the Gulf Islands, shopping at the market on Salt Spring Island, fishing in Campbell River, and whale watching everywhere. You could have at least picked one of them!

Please remember Vancouver Island is part of Canada too.

– Lee Stempski, Victoria

TELEVISION COOKS

I am enjoying your program "Best Recipes Ever" (on CBC-TV) very much. The lady hosting it is so friendly. She talks in a way that anyone can understand, and it is easy to follow her instructions. She is a joy to watch. What a good idea to put your show on TV.

– Mary McDonald, Merritt, B.C.

BOTTLE REBUTTAL

In response to the letter from Carleon Hardie in the July issue, regarding the article "This Takes the Cake" (May), I think it is ignorant to assume that a baby feeding from a bottle is having formula and not breast milk. My daughter was born prematurely at 34 weeks and could not breast-feed, so I had to express my milk and feed it to her from a bottle. I don't think the picture was meant in any way to undermine a "woman's choice to breast-feed," I think it was a nice picture that someone just wanted to share. Maybe people should think more about not making assumptions and snap judgments before commenting.

– Michelle Goodwin, Toronto

I thought the cake featured in the May issue was a great idea for a baby shower. I was dismayed to read the »

Monique Chrétien's mom made her maple leaf quilt squares in traditional Hudson's Bay colours.

TALK TO US

We welcome letters and emails from readers of *Canadian Living*. Speaking to Canadians like you, from east to west, is our mandate; hearing from you is our pleasure. Write to us – and you could win a *Canadian Living* cookbook as a token of thanks! Email us at letters@canadianliving.com or write to us at "Letters," *Canadian Living* Magazine, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. Please make sure to include your name, address and telephone number. Letters and emails may be condensed for publication. Pictures will not be returned.

More at ebook-free-download.net or magazinesdownload.com

the colourful smoky eye + intense pencil liner?
now you're really smokin'!
new liquiline blast + smoky shadowblast

Start with the colourful smoky eye—six dual-ended stick duos make it easy. Then, new waterproof liquiline blast gives the intensity and staying power of a liquid with the ease of a pencil. Try all six smokin' combinations.

Take beautiful back online or from your mobile @ covergirl.ca

Drew Barrymore is wearing Smoky ShadowBlast in Silver Sky and Liquiline Blast in Violet Voltage.

easy breezy beautiful COVERGIRL

More at ebook-free-download.net or magazinesdownload.com

comment by the reader who felt that using a baby bottle as a prop for the cake could discourage women from breast-feeding. Obviously the reader is passionate about breast-feeding, and that is her right. Unfortunately there are many mothers who are unable to breast-feed for many reasons, and it is comments like those that make them feel guilty or inadequate. It is more important to ensure a well-nourished baby than to be caught up in how that nutrition is provided. Those mothers should not be made to feel that they are not providing for their children. Regardless, the article in question was about a cake – not the age-old breast-fed versus bottle-fed debate.

– Ann Beatty, Nanaimo, B.C.

UNSUITABLE

I opened my newest copy of *Canadian Living* to find yet another magazine showcasing bathing suits for every size ("Make a Splash," July). To my surprise, I completely fell in love with the tankini suggested for a "full figure." Not only did I love it, but I also had to have it! I looked around online and was able to find the suit, but the "full figure" bathing suit was only available up to a size 12. I was very disappointed. I have worked hard to lose weight and if I am able to attain a size 12 I will certainly not consider myself to be a full-figured woman. What a sad message to send to a woman who just wants to wear a bathing suit and try to look her best.

– Mary Wilson, Ottawa

Editor's Note: We used that lovely tankini as an example of details to look for in a swimsuit: side panelling and ruching are design saviours for people with fuller figures. Our intention was to provide readers with a mini-checklist of things to look for when swimsuit shopping.

MILESTONE MEMORIES

I have wanted to correspond with *Canadian Living* for many years. It took reading the May issue on friendships to finally get me writing.

As I move toward a milestone birthday (60), I'm looking back at not only all that I have accomplished, and the places I have been to, seen and lived in, but also, and perhaps most important, the friends I have met and cherished along the way. To think that I have known four of these gals for over 35 years brings home the true significance of my upcoming birthday. Each woman has unique abilities that have contributed extensively at times to my well-being. I have trusted these friends with the most intimate aspects of my life and not once have my "secrets" found their way to wagging tongues.

In 1991, my husband was hospitalized for a year, and it was my family and these treasured ladies who gave me the glue to hold on to sanity and reason. They did more for me in that time than can ever be expressed. I am a better person today because of their involvement throughout my life.

Over the years, I have cooked my way through *Canadian Living*'s recipes. Many have been shared, and now my collection of magazines has found a new home with a friend who loves to cook, read and enjoy each article as I have in years past. I thank you for the articles I loved, and even those I did not agree with, because they gave me a new way to look at some important issues.

– C. Cramton, Carstairs, Alta.

CORRECTIONS

The pictures and descriptions for the Scraptivity and Memory Workshop scrapbooking kits featured in our June issue (Life Matters, "Test Driven") were reversed. "Make a Night of It" (July) should have stated that the Klondike Gold Fields are near Dawson City, Yukon. We apologize for these errors.

COVERGIRL

Get the intensified smoky eye

Part 1:
Get the colourful smoky eye with Smoky ShadowBlast

Step 1: Using the rounded tip of the duo, apply shadow from lash line to brow bone.

Step 2: Using the tapered tip, apply shadow on upper lash line and along eyelid crease.

Part 2:
Intensify your smoky eye with Liquiline Blast

Apply pencil and "smoke" the line with the unique blending tip.

easy breezy beautiful COVERGIRL

More at ebook-free-download.net or magazinesdownload.com

Connect with us, every day!

Eat Right, Volume 3

Introducing *Canadian Living*'s *Eat Right* Volume 3. *Canadian Living* brings you a brand new collection featuring 125 family-friendly, nutrient-packed recipes – most of which can be ready in 30 minutes or less. Available on newsstands now and online at canadianliving.com/september.

PAWS FOR THOUGHT E-NEWSLETTER

Sign up for *Canadian Living*'s pet e-newsletter, Paws for Thought, by Aug. 31 for your chance to win the ultimate pet-friendly prize pack. We're giving away cat and dog gift baskets, compliments of Hill's Science Diet. Sign up today at canadianliving.com/september.

WIN A COLLECTION OF *CANADIAN LIVING* BOOKS!

Tell us which article in the Life section at canadianliving.com has given you advice you've used and how, and you'll be entered to win a complete *Canadian Living* recipe library to get you through all four seasons. Enter now at canadianliving.com/september.

CRAZY CAKES CONTEST

There's still time to cast your vote in *Canadian Living*'s Crazy Cakes Contest. We have more than 2,700 inspiring cakes and cupcakes from across Canada! The winner will be announced in our November issue and online. Voting ends Aug. 12, so vote today at canadianliving.com/september.

Stay connected with *Canadian Living* wherever you are!

Find us on Facebook
facebook.com/canadianliving

twitter
@canadian_living

More at ebook-free-download.net or magazinesdownload.com

By **Isabelle Neiderer**,
Registered Dietitian for
Dairy Farmers of Canada
dairygoodness.ca

ARE YOU LACTOSE INTOLERANT?

Lactose intolerance is a real problem. However, studies show that in most cases, lactose intolerant individuals can consume milk products and enjoy their benefits. Studies have also shown that gradual re-introduction of milk, starting with small amounts and slowly building up, helps the colon adapt to lactose and increases tolerance. There are also other causes of GI symptoms that may be mistaken for lactose intolerance—that's why a proper medical diagnosis is essential.

Get the inside story

Do you know everything you should about gastrointestinal issues? We explore two here and pass on important information and tips.

PROTECTIVE MEASURES

Colorectal cancer is the second leading cause of cancer deaths in Canada, yet in most cases, it is preventable. Early detection is key. So, first off, follow your doctor's advice on screening. According to a recent *World Cancer Research Fund* report, there is convincing evidence that physical activity also decreases risk and diet-wise, milk, calcium, garlic and foods containing dietary fibre can help too.

- **BE PHYSICALLY ACTIVE:** Aim for at least 30 minutes of moderate to vigorous activity 3 to 5 days of the week. Or, be active in your daily life. Eg: bike to work, take stairs, play with the kids!
- **EAT FIBRE-RICH FOODS:** Experts believe that foods rich in fibre's protective effect may be due to other beneficial components found in these foods. So stoke up on whole food sources like whole grains, legumes, nuts, fruits and vegetables.
- **DRINK MILK:** A diet rich in calcium, particularly from milk, can help protect against colon cancer. In studies, those drinking milk were less likely to develop colorectal cancer than those who drank little or none. So get those 2 daily glasses of milk that *Canada's Food Guide* recommends.

PRACTICAL TIPS

- Most lactose intolerant adults can drink up to 500 mL/day of milk in small amounts at a time, especially with food.
- Nibble on Mozzarella and aged cheeses like Cheddar, Brie, etc. They have almost no lactose.
- Try chocolate milk—it's digested more slowly.
- Eat yogurt. Its live bacteria help break down lactose.
- Try lactose-free milk. Or get 'lactase' drops or tablets from your pharmacy.

Basil Lemon Panna Cotta

An easy dessert recipe that's delicious, surprising and refreshing! Serves 6.

1 packet	flavourless gelatin	1 packet
3 cups	2% or whole milk	750 mL
	Zest of 1 large lemon	
1 cup	loosely packed fresh basil	250 mL
⅓ cup	honey	80 mL

Mix gelatin with ¼ cup (60 mL) of the milk and set aside. Add basil, lemon and honey to remaining milk and heat to just before boiling. Remove from heat and let infuse for 10 minutes. Strain and return liquid to pot. Stir in gelatin until completely dissolved. Pour into individual bowls and refrigerate until set—at least 4 hours. Serve with your favourite fruit.

More at ebook-free-download.net or magazinesdownload.com

NATURE *meets* SCIENCE

IN AN **ANTI-AGING BREAKTHROUGH** WITH NATURAL PRO-RETINOL FROM GARNIER!

TALK ABOUT A REVOLUTION:

For the first time, **the power of retinol** is harnessed from nature to create **anti-aging** products that are as **gentle** on-the skin as they are **effective** at fighting wrinkles.

THE SECRET?

Pro-Retinol from nature, the star ingredient of Garnier's new **ULTRA-LIFT** line, which uses a potent blend of natural ingredients to strengthen the skin's barrier and target aging at its core.

Forget the dryness and irritation that you've put up with to benefit from retinol's wrinkle-busting power —with **ULTRA-LIFT**'s nature-inspired formula, **the result is firmer, smoother, visibly younger-looking skin.**

Designed for women in their 40s, **ULTRA-LIFT** has been proven to be **93%* effective and 100%** gentle.**

BOTTOM LINE? ***With a fusion of nature and science, aging has met its match.***

Join the **NATURAL RETINOL REVOLUTION** today!

Take care.
GARNIER

*Based on a consumer perception study after 2 weeks.
** Based on # of subjects that tolerated products without discontinuating use in a 2 weeks safety test.

More at ebook-free-download.net or magazinesdownload.com

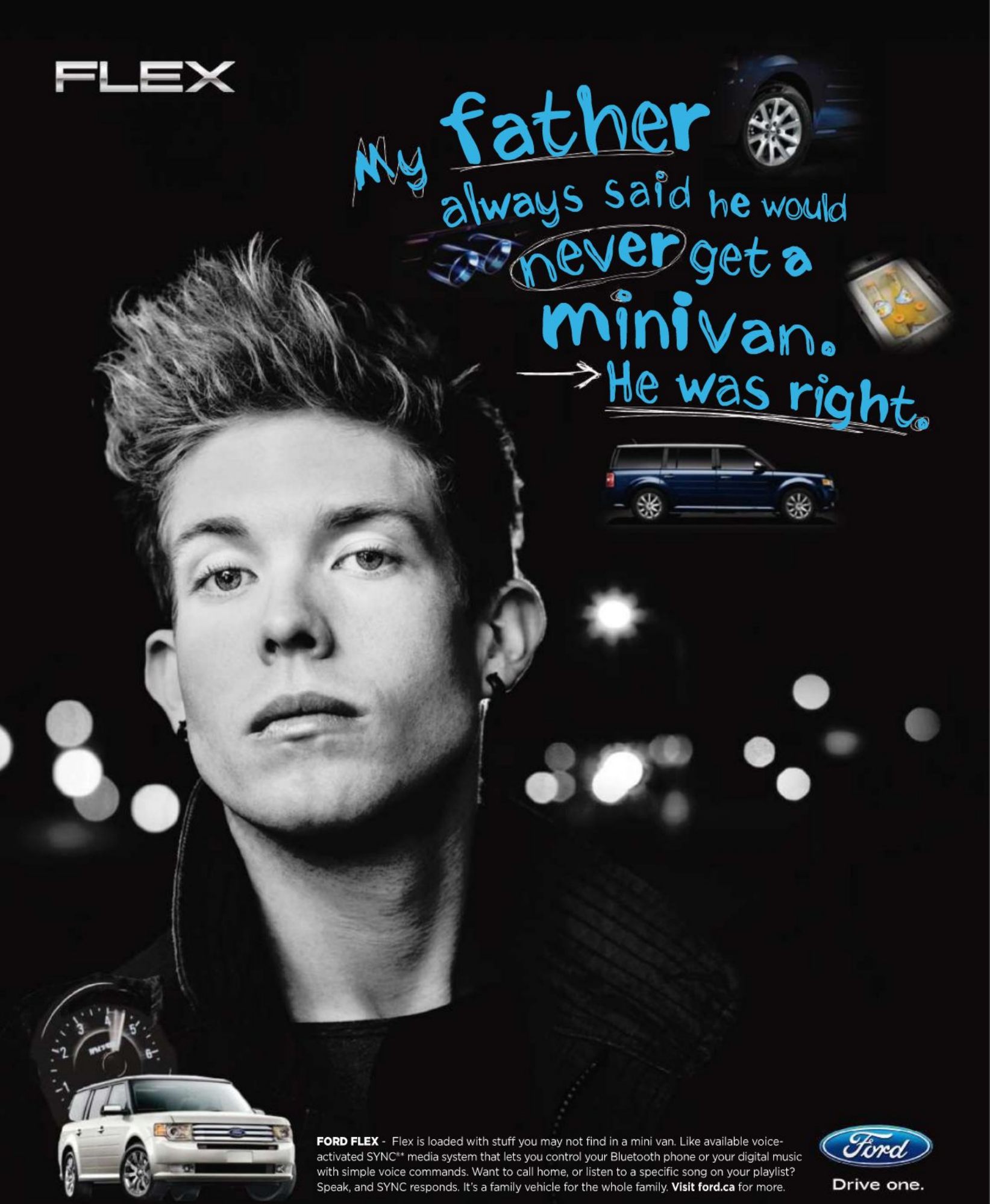
Take the **two-week Ultra-Lift challenge** and experience a transformation —in just 14 days, skin is firmer, smoother and younger-looking.

Register today at **Mochasofa.com/Ultralift!**

More at ebook-free-download.net or magazinesdownload.com

FLEX

My father always said he would never get a minivan.
→ He was right.



FORD FLEX - Flex is loaded with stuff you may not find in a mini van. Like available voice-activated SYNC®* media system that lets you control your Bluetooth phone or your digital music with simple voice commands. Want to call home, or listen to a specific song on your playlist? Speak, and SYNC responds. It's a family vehicle for the whole family. **Visit ford.ca** for more.

Ford

Drive one.

Starting from **$29,999**‡MSRP Highway: 8.4L/100km (34 MPG)° City: 12.6L/100km (22 MPG)° Vehicle may be shown with optional features/equipment. * Some mobile phones and some digital media players may not be fully compatible - check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Ford recommends that drivers use caution when using mobile phones, even with voice commands. Only use mobile phones and other devices, even with voice commands, not essential to driving when it is safe to do so. Sync is optional on most new Ford vehicles. ° Estimated fuel consumption for the standard 3.5L Duratec® V6 FWD 6-speed automatic 2011 Ford Flex. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption may vary based on road conditions, vehicle loading and equipment, and driving habits. ‡ 2011 Flex SE FWD starting from $29,999 MSRP (Manufacturer's Suggested Retail Price). Optional features, freight, Air Tax, licence, fuel fill charge, insurance, PDI, PPSA, administration fees, any environmental charges or fees, and all applicable taxes extra. Dealer may sell or lease for less. Model shown is Limited FWD starting from $41,199 MSRP.

More at ebook-free-download.net or magazinesdownload.com

Everyday Matters

september

Inspiring ideas for day-to-day living

BY DONNA PARIS

5 GREAT PLACES TO SEE THE FALL COLOURS

THE ROCKIES

In the West, head to the mountains of British Columbia and Alberta to see the perennial showstopper of golden yellow larches.

KILLARNEY PROVINCIAL PARK, ONT.

Situated just outside Muskoka cottage country, this provincial park offers some of Canada's most vibrant fall foliage.

MONT-TREMBLANT NATIONAL PARK, QUE.

In the Laurentians, north of Montreal, the colours are celebrated during the last week in September at the Symphonie des Couleurs.

MIRAMICHI RIVER, N.B.

With a backdrop of spectacular fall foliage and stunning scenery, the leaves turning colour is a showcase event every year.

A PARK NEAR YOU, CANADA

Visit Parks Canada (pc.gc.ca) to get updates on the best time to go "leaf peeping" in parks near you.

Visit canadianliving.com/september to find 10 reasons to fall in love with fall.

PHOTOGRAPHY (FROM TOP): BORCHEE/ISTOCKPHOTO; JOSH CORNELL

Leading Others to Lead

As its director, Mary Coyle is dedicated to the Coady Institute at St. Francis Xavier University in Antigonish, N.S. Now celebrating more than 50 years since its inception, the school gives community leaders from around the world the tools they need to create self-reliant communities – and the impact can be felt as far away as Southeast Asia and West Africa. Mary's leadership is pushing the Coady Institute to new heights, and her initiatives in women's leadership and aboriginal leadership promise to help people and communities across Canada and around the world reach their full potential. To date, 5,000 community leaders from 130 countries have graduated – with their own passions and commitments to making the world a better place.

More at ebook-free-download.net or magazinesdownload.com

JUST WASH YOUR HANDS – THAT'S ALL?

When the kids go back to school, we all like to stock up on antibacterial soaps and hand sanitizers. But antibacterial products can weaken the immune system and create strains of supergerms and bacteria. And, when they're washed down the drain, they enter waterways, causing environmental problems.

The solution? As often as possible, wash your hands for 20 seconds with regular soap and warm water. And when you don't have access to soap and water, use an alcohol-based hand sanitizer (these do kill germs on hands and won't cause you to become resistant to antibiotics). For tips for an eco-friendly start to the school year, see "Back to School – Greener than Ever Before," page 106. For more green-friendly tips to help you this fall, visit simplegreenaction.ca.

HELP! I CAN'T GET INTO MY CLOSET

We all do it – keep clothes we haven't worn in years. Start by asking yourself why you're keeping an item. Be honest! Check any that apply.

1. You paid a lot of money for it.
2. It was a great bargain.
3. You're going to lose 30 pounds and then it will fit.
4. It's like new.
5. Your mother-in-law says the colour is perfect for you.

If you checked any or all of the above, pack it up and donate it to charity – or give it to your mother-in-law. You can find more amazing tips on how to declutter your closet with ease at canadianliving.com/september.

September is Ovarian Cancer Awareness Month. To spread word about this tragic disease, the Ovarian Cancer Information Project (a partnership with Toronto Sunnybrook Regional Cancer Centre) developed awareness fact sheets for women and health-care professionals. Download the fact sheets at Ovarian Cancer Canada (ovariancanada.org, click on About Us, then Awareness).

PHOTOGRAPHY (FROM TOP): FLOORTJE/ISTOCKPHOTO; PAUL CHMIELOWIEC; MBBIRDY/ISTOCKPHOTO

More at ebook-free-download.net or magazinesdownload.com

For brunettes who'd rather go red.

NEW

GARNIER®
NUTRISSE
Intense Red™

Elisa is wearing Nutrisse Syrah.

INNOVATION:
INTENSE, RADIANT RED

Our **red micropigments** penetrate each capillary fibre, for intense colour in just one step, even on dark hair.

Nourished hair, better colour and **100% grey coverage.**

Find your perfect shade at **garnier.ca**

Take care.
GARNIER

More at ebook-free-download.net or magazinesdownload.com

GET THEM TO SCHOOL ON TIME

Summertime means lazy days with lots of sleeping in. Come September, however, you need to get the kids up early for school. Make it fun for them with Flik Flak watches and they'll be ready to go on time – just so they can show off their cute new timepieces. $60 each; for more info, visit flikflak.com.

It's Child's Play

Every kid deserves to play – and that's why Right to Play uses the power of sport and play programs to help children and communities in developing countries. Visit righttoplay.ca to support enriching the physical, social and emotional development of children all over the world. *– Lisa Iaquone*

SEPTEMBER 21

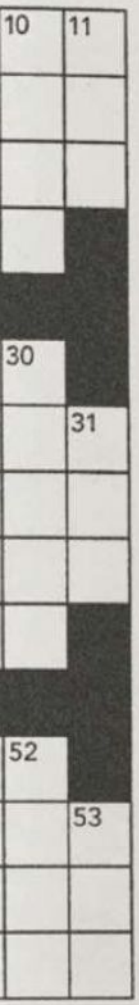
The United Nations' International Day of Peace recognizes the efforts of individuals, organizations and governments to end conflict and promote peace. It is also a day of ceasefire – both personal and political. How to celebrate? Around the world, people take part in activities and organize events such as peace walks, interfaith ceremonies, tree planting and candle lighting, all centred on the theme of peace. Why not bring a little peace to your world?

COLLARING FIDO

Finding a dog collar that works well with your dog is not always easy, so Brad Pattison, author of *Unleashed: A Dog's-Eye View of Life with Humans* (Random House Canada, $30), created one himself. He started with a martingale-style collar, then modified it to come up with a rugged one that's safe for dogs, offers flexibility for corrections on either side and, when sized properly, is impossible for a dog to wiggle out of. For more info, visit bradpattison.com. Want your pet to look sharp? Check out canadianliving.com/september for the latest in pet accessories.

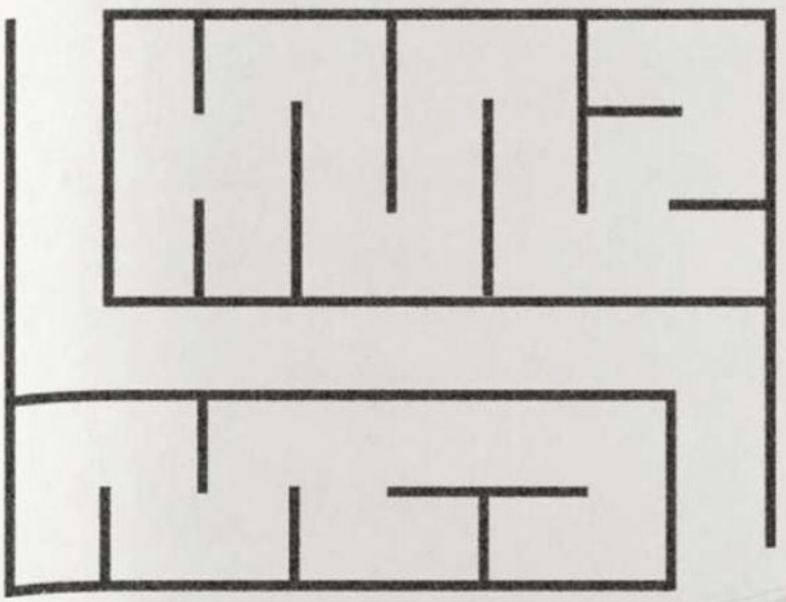
PHOTOGRAPHY, CRISTIMATEI/ISTOCKPHOTO (CENTRE)

More at ebook-free-download.net or magazinesdownload.com



Discover a secret to regularity.

START



422

*©2018. Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

SNACK YOURSELF REGULAR.

Two *All-Bran** Chewy Bars a day can help you feel great because they're made with wheat bran fibre, the best cereal fibre to help keep you regular.

More at ebook-free-download.net or magazinesdownload.com

CHECK IT OUT & KEEP YOUR MONEY

The next time you're heading to the library with your kids for a school project, don't just pick up a few books. Many libraries offer more than bound editions, including up-to-date magazines, DVDs, CD-ROMs and even free museum and art gallery passes – all just waiting to be checked out.

September 18 to 26

Cleaning Up the Country. This week, Canadians across Canada will once again join the TD Great Canadian Shoreline Cleanup in an effort to help protect our wildlife by removing litter. Last year, volunteers gathered 160,914 kilograms of waste! For the shoreline cleanup nearest you, visit shorelinecleanup.ca.

START THE YEAR OFF RIGHT

Get your kids off to a fun start this year with supplies such as Paper Mate's Biodegradable Pens (components are made from corn-based material); Stabilo's pocket highlighters (with travelling clips); and Hilroy's Customizable Binders (kids can personalize their own).

PHOTOGRAPHY, PAUL CHMIELOWIEC

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

We Love: Sarah McLachlan

You can't *not* love Sarah McLachlan.

And this year, we get to enjoy her new album, *Laws of Illusion*, and the resurrection of Lilith Fair after an 11-year hiatus. Her life has changed with the loss of her mother, a divorce and two kids, India, 8, and Taja, almost 3. But some things are the same: her ability to connect with us, and the importance of everyday moments. I sat down with Sarah for a quick chat.

Q: One track on your album, the song "Loving You Is Easy," strikes me as such a happy song.

A: Being able to write that song was liberating. I think it has something to do with being a little older.... Because there's that thing [that people think] Sarah's songs are dark and intense, and this one is light and frothy – and it's fun because I am; I'm a happy person.

Q: Your music makes people want to be your friend. Where do you think that comes from?

A: Probably my need to connect with myself. And I write about things that many of us go through. I defined my world around my family and my marriage and as a working mother, but losing that part of the equation that I thought was going to be there for the rest of my life was a life-altering thing for me.

Q: How did you get through your divorce?

A: I had great friends and family and a ton of love and support. With my kids, I kept it simple. Their father and I have a good relationship, he's a good guy – it just didn't work out. And he's a great father. Those kids are so loved and they know it and they're OK.

Q: One of our online readers wants to know how Lilith Fair helps women.

A: With Lilith Fair, we're donating $1 from every ticket sale to a local women's shelter. We did that last time and it felt great, being able to leave a social footprint. I feel so lucky in my life. Everybody has a gift that they can offer to the world that's going to help. I sing, and that seems to make an impact. People say to me, "You're so involved in charities," [but] I'm not. I show up and sing for a few hours. I feel guilty. I feel like I should be doing more.

> "Happily single, I couldn't imagine being in a relationship now. There's too much going on!"

Q: Another online reader wants to know if there's any romance in your life.

A: Happily single, I couldn't imagine being in a relationship now. There's too much going on!

Q: You must wish you could share some of this stuff with your mom.

A: Especially with my kids. Sometimes I hear her voice saying, "Wait till you have kids. You'll understand." I wish she was here to tell me "I told you so."

To read Life editor Donna Paris's entire interview with Sarah and to hear music from her new album, ***Laws of Illusion***, visit canadianliving.com/september.

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

Runway, Your Way

Off the runway and into your closet – see how real Canadian women wear fashion's top trends for fall.

BY KAREN KWINTER | ASSISTANTS, JULIA McEWEN & KATHERINE FLEMMING

PHOTOGRAPHY BY JEFF COOKE

HAIR BY VITTORIO MASECCHIA FOR TRESEMMÉ HAIR CARE/PLUTINO GROUP | MAKEUP BY GREGORY GRAVELINE

A VERY SPECIAL THANKS TO NOVA SCOTIA TOURISM. SHOT ON LOCATION IN HALIFAX

NOVASCOTIA.COM
Shaped by the Sea

More at ebook-free-download.net or magazinesdownload.com

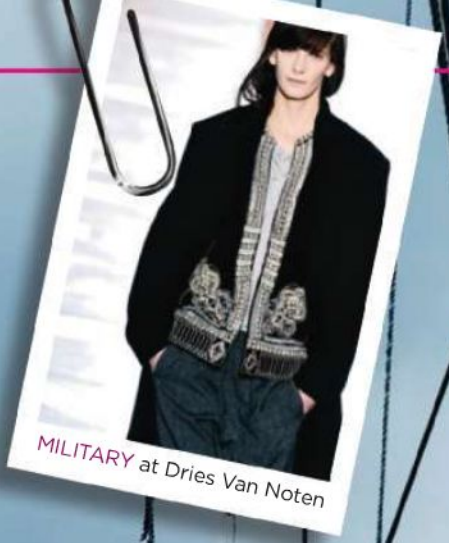
LAYERS at Michael Kors

LAYER PLAYER

For the most flattering look, choose seasonless pieces in lightweight fabrics. Keep additional accessories to a minimum, because the clothes speak for themselves. Linen jacket, $148; and wool/Tencel cardigan, $164; both Nixxi. Tank, H&M, $25. Cargo skinnies, Blank NYC, $110. Hat with pom-pom, Echo Design. Scarf, Roots. Bracelet, Lia Sophia. Suede boots, Feet First. **Solitha, 25, student, against a row of classic East Coast clapboard houses, in downtown Halifax**

For shopping information, see page 197

More at ebook-free-download.net or magazinesdownload.com



MILITARY at Dries Van Noten

NEW REGIME

Keep the beat of fall's military rhythm with a long, cosy wool coat with exquisite embroidery, worn with wide-legged menswear-inspired pants. Juxtapose the masculine feel with feminine pumps. Wool coat, Spanner, $329. Turtleneck, Lundström, $119. Trousers, Old Navy, $40. Tights, Secret. Patent leather pumps, Christian Siriano for Payless.

Heather, 41, PR coordinator, on the tall ship *Silva,* docked in the Halifax Harbour

PHOTOGRAPHY (RUNWAY): IMAXTREE

More at ebook-free-download.net or magazinesdownload.com

LADYLIKE at Dolce and Gabbana

UPTOWN GIRL
Slim skirts, belted waists and tailored blouses – drink in this season's ultraflattering, curve-hugging, *Mad Men*–inspired looks. Houndstooth blazer, $329; silk blouse, $225; skirt, $175; and gloves; all Lundström. Hat, Lilliput Hats. Tights, Mondor. Booties, Ecco.
Solitha at the Hydrostone Market

More at ebook-free-download.net or magazinesdownload.com

LEATHER at Celine

ON GUARD

Command attention with this season's fresh interpretation of leather – a fitted (but not tight) short-sleeved tee. Pair with a classic cream skirt and suede over-the-knee boots. T-shirt, Danier, $299. Skirt, Esprit, $90. Bracelets, Linea Pelle. Boots, Geox. **Wendy, 41, mother of three, at the Halifax Citadel National Historic Site of Canada**

For more great places to see in Halifax, visit canadianliving.com/september.

PHOTOGRAPHY (RUNWAY), IMAXTREE

More at ebook-free-download.net or magazinesdownload.com

joe.ca

$10
V-NECK

More at ebook-free-download.net or magazine-download.com

More at ebook-free-download.net or magazinesdownload.com

©2010 P&G

Fast Absorbing.

When "it" strikes, trust Always' amazing LeakGuard® protection to adjust to unexpected changes in flow. No leading ultra absorbs faster.

Have a Happy Period.

made in • fait au CANADA

More at ebook-free-download.net or magazinesdownload.com

Shades of Fall

This season, make the latest beauty trends work for you.

BY JULIA McEWEN

ASSISTANT, KATHERINE FLEMMING

PHOTOGRAPHY BY ALVARO GOVEIA

HAIR AND MAKEUP BY VANESSA JARMAN, USING TRESEMMÉ HAIR CARE FOR PAGEONEMANAGEMENT.CA. JACKET, BOLONGARO TREVOR

ON THE RUNWAY

A perennial favourite, glamorous and graphic red lips were seen at Dolce and Gabbana, Donna Karan and Givenchy. The shades ranged from flushed cherry to deep bordeaux.

WELL RED

Red lipsticks have orange or blue undertones. Bluish reds such as plum and raspberry can make teeth appear whiter because blue is the opposite tone to yellow. Experiment with both to find the ideal hue for your complexion. Then select a lipstick with a semimatte finish. Still stumped? Visit canadianliving.com/september and watch our red lipstick how-to video.

more at ebook-free-download.net or magazinesdownload.com

READY-TO-WEAR

A. For long wear, prep lips with a moisturizing lip treatment or primer, says Greg Wencel, a CoverGirl makeup pro.
B. Apply lipstick straight from the tube, starting at the middle of your lower lip and working your way out. Use a finger or brush for more control.
C. Instead of lip liner, dip a small shadow brush or cotton swab into translucent powder and apply it around the edges of your lips. "This is a miracle trick – your lip colour will never bleed," says Wencel.
Tip: Apply concealer around your lip line. It gives "contrast between your skin colour and lip colour, ensuring a crisp, clean look," says Wencel.

CODE RED

1. CoverGirl Outlast All-Day Lip Color in Ever Red-dy; Moisturizing Topcoat, 1.9 g; All-Day Colorcoat, 2.3 mL; $11.
2. L'Oréal Paris Colour Riche Colour Intense in Red Passion, 3.6 g, $11.
3. Avon Ultra Color Rich Mega Impact Lipstick in Charged Cherry, 3 g, $10.
4. Chanel Lipstick Rouge Coco in Lune Rousse, 18 g, $38.
5. Maybelline New York Color Sensational Lipstick in Very Cherry, 4.2 g, $10.
6. The Body Shop Colourguide Lip Colour in Brillant Red, 4 g, $13.
7. M.A.C Matte Lipstick in Russian Red, 3 g, $17.
8. Clarins Rouge Prodige, 3 g, $26.
9. Revlon Color Burst Lipstick in Ruby, 4.2 g, $10.50.
10. L'Oréal Paris Riche Star Secrets in Penelope Red, 3.6 g, $11.
11. Marcelle Rouge Xpression Lipstick, 3.5 g, $12.
12. L'Oréal Paris Colour Riche Anti-Aging Serum in Royal Red, 3.6 g, $11.
13. Cover FX Mint Glaze FX Fortifying Lip Treat-Mint Primer in Clear, 3 mL, $22.

PHOTOGRAPHY, NATASHA V

More at ebook-free-download.net or magazinesdownload.com

COVERGIRL®

DREW BARRYMORE

Drew Barrymore is wearing
Clean for normal skin in Classic Ivory.

had it with one-size-fits-all makeup?

try lightweight coverage that's made to fit you!

the NEW look of Clean Makeup

No more masky, heavy makeup—try the lightweight Clean formula that's just right for you. Clean normal, oil control, and now, New Clean for sensitive skin that's 100% fragrance and oil free. Discover the clean that's sensitive to your needs.

Take beautiful back @ covergirl.ca easy breezy beautiful COVERGIRL

Find the Clean liquid and pressed powder for your skin type.

More at ebook-free-download.net or magazinesdownload.com

ON THE RUNWAY

Sculpted, sporty and romantic blush applications were seen at Christian Dior, Michael Kors and Balmain, ranging from contoured cheekbones to soft, barely there flushes of colour. The shades ran the gamut from salmon to fuchsia.

ROYAL FLUSH

A powder blush is the best choice for most skin types; it performs best on oily and combination skin. A gel blush is a good choice for an ultra-oily complexion, and cream blushes work wonders for dry, dehydrated skin. According to Eddie Malter, official makeup artist for L'Oréal Paris, a "Barbie-inspired" pink works for most skin tones. "It provides a beautiful feminine flush that is very flattering," says Malter.

PHOTOGRAPHY, ALVERO GOUVEIA. TOP, LUNDSTROM COLLECTION. EARRINGS, PAM CHORLEY'S FASHION CRIMES

More at ebook-free-download.net or magazinesdownload.com

lashes that want it all, can have it all!

NEW lashblastfusion a dramatic blast of volume and length.

COVERGIRL has gone all out with its first ever volume + length mascara. The fiberstretch formula and oversized brush make every little lash **bigger, fuller, longer-looking and more dramatic.*** Blast your lashes to bold levels of length and volume with new LashBlast Fusion. easy breezy beautiful COVERGIRL

Take beautiful back online or from your mobile @ covergirl.ca

*vs. bare lashes Drew Barrymore is wearing LashBlast Fusion in Very Black.

More at ebook-free-download.net or magazinesdownload.com

ROSY OUTLOOK

A. Use a powder brush dipped into your colour of choice. If you're using a cream or gel, a sponge or your fingers will do the trick, says Malter.
B. After you've applied your foundation, smooth on your blush. For a healthy-looking, natural flush, "apply blush only to the apples of your cheeks," says Malter. If you want a more contoured effect, he suggests applying colour in a C shape, "starting at the bottom of the cheekbone and contouring up toward your temple."
C. Keep colour light and blended, and always brush on colour in one direction. Layering colour can cause blush to look heavy and streaky.
D. Finish by dusting on translucent powder.
Tip: Cream blush is a must for mature skin. "It goes on more evenly," says Malter, leaving cheeks with a dewy natural flush.

GET CHEEKY

1. M.A.C Mineralize Blush in Pet Me, 3.5 g, $25.
2. Joe Fresh Style Cheek Tint in Peach, 4 g, $4.
3. Mary Kay Cheek Glaze in Pomegranate, 8 g, $20.
4. Quo Professional Blush Brush, $40.
5. L'Oréal Paris True Match Super-Blendable Blush in Baby Blossom, 16 g, $16.
6. Bourjois Paris Blush in Rose de Jaspe, 2.5 g, $19.
7. Stila Cheek Duo in Pink Glow, 5 g, $34.

For shopping information, see page 197

PHOTOGRAPHY, NATASHA V

More at ebook-free-download.net or magazinesdownload.com

COVERGIRL®

DANIA RAMIREZ

©2010 P&G

2 steps to a 3-D lip look.

outlast lipstain + shineblast

colour and shine highly defined

Start with a flush of lasting colour from Outlast Lipstain. Add depth with the glossy shimmer of Shineblast. Do it with two of lipwear's most precise applicators, and ta-da, luscious lips with dimension. easy breezy beautiful COVERGIRL

Take beautiful back online or from your mobile @ covergirl.ca

Dania gets dimensional with Outlast Lipstain in Saucy Plum and Shineblast Lipgloss in Gleam.

More at ebook-free-download.net or magazinesdownload.com

ADVERTISEMENT

LEIGHTON MEESTER:

Style CHAMELEON

LEIGHTON MEESTER'S FRONT-ROW STYLE IS ALWAYS SPOT-ON—AND SO IS HER HAIR.

Part style icon, part quick-change artist, Leighton knows that looking fabulous starts with a gorgeous mane. Here she shares her best tricks, including how to get her body-ful day-to-night look.

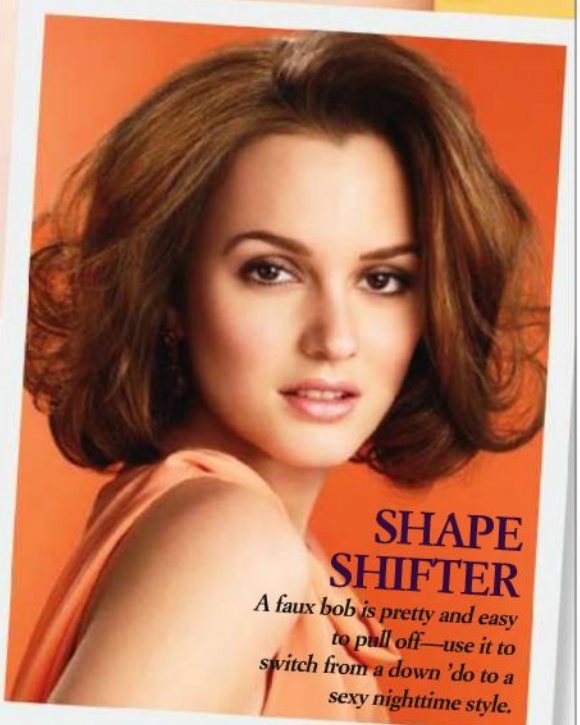
GET THE LOOK:

PREP: Shampoo and condition hair with Herbal Essences Body Envy Volumizing Shampoo and Conditioner.

HEAT: Blow-dry for volume using a round brush. Next, wrap one-inch sections of hair around a two-inch curling iron. As you slip each curl off the iron, rewrap it with your fingers and pin it against your head.

FINISH: When all your hair is pinned and cool, release the curls, create a messy side part and spray all over with Herbal Essences Body Envy Volumizing Hair Spray.

FOR NIGHT: Gather your hair into a low ponytail and secure it with a clear elastic where your hair crosses your shoulders. Fold the tail under and pin it to hide the elastic, and create a chic faux bob.



SHAPE SHIFTER

A faux bob is pretty and easy to pull off—use it to switch from a down 'do to a sexy nighttime style.

TO GET THE SCOOP ON ALL OF LEIGHTON'S GO-TO STYLES, VISIT HERBALESSENCES.CA/HAIRSTYLES

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

jms®

JUST MY SIZE

comfort

Fits who I am!

"I could never find undergarments that were comfortable or the right fit for my curves. Then I discovered **new Just My Size®**, styled just for me and my amazing body! They enhance the way I look in my clothes, so now I look as fabulous as I feel!"

JMS IS NOW AVAILABLE AT Walmart

Save money. Live better.

More at ebook-free-download.net or magazinesdownload.com

Editor's Choice

Stop free radicals in their tracks with the latest crop of buzz-worthy antioxidants.

BY JULIA McEWEN

POM COCKTAIL

Lately, companies have been harnessing the strength of a lush seed-bearing fruit: pomegranate. It's filled with a cocktail of age-fighting ingredients, such as vitamins B_5 and C, and polyphenols. This antioxidant stabilizes oxidative stress that causes premature aging, and is also known to be one of the most effective wrinkle fighters around.

1. Burt's Bees Naturally Ageless Skin Firming Night Cream, 55 mL, $30.
2. Burt's Bees Naturally Ageless Intensive Repairing Serum, 13 mL, $30.
3. Archipelago Pomegranate Lip Butter, 15 g, $15.
4. Ole Henriksen African Red Tea Face Mist, 118 mL, $35.
5. Korres Pomegranate Balancing Moisturizer, 40 mL, $32.

PHOTOGRAPHY, NATASHA V

More at ebook-free-download.net or magazinesdownload.com

FRESHLY SQUEEZED

Free radicals are your skin's version of rust. They develop when skin is exposed to pollution, stress, sunlight and smoke. Minimize the damage by using an antioxidant-laced regimen to help neutralize free radicals. The top choice for many dermatologists is vitamin C, and the benefits are boundless: It stimulates the creation of collagen, helps brighten skin, and diminishes wrinkles and fine lines.

1. Etival Laboratoire Ener-C Mist, 120 mL, $25.
2. John Masters Organics Vitamin C Anti-Aging Face Serum, 30 mL, $42.50.
3. Alyria Skin Optimizing System Antioxidant Capsules, 50 capsules, $50.
4. SkinCeuticals C E Ferulic, 30 mL, $150.
5. Ole Henriksen Truth Serum Collagen Booster, 30 mL, $48.
6. NeoStrata Intense Skin Brightener, 30 mL, $72.50.
7. Exuberance Vitamin C Super-Rejuvenating Night Cream, 60 mL, $60.

For shopping information, see page 197

For more skin-saving antioxidant secrets, visit canadianliving.com/september.

SPOT LIGHT

Coffeeberry is the new kid on the skin-care scene. Preliminary research shows that extract from this high-energy fruit is filled with more antioxidant goodness than any other fruit, vegetable or tea. That makes coffeeberry a must-have tool in your anti-aging kit. It benefits skin by evening out tone, replenishing moisture and reducing the appearance of fine lines and wrinkles. Priori Revitalizing Cleanser, 240 mL, $70.

WONDER BERRY

Buzz-worthy acai berry, harvested from a palm tree in Central and South America, packs a serious punch. It contains one of the highest levels of antioxidants of any berry, and is loaded with amino and essential fatty acids to fill in lines and smooth skin. The high levels of anthocyanins and phytosterols (both types of antioxidants) help preserve collagen while stimulating cell regeneration.

1. Baléa Lip Balm Açai and Mango, 7.5 g, $3.
2. Kiehl's Açai Toning Mist, 180 mL, $34.
3. Pangea Organics Facial Mask, 120 mL, $35.
4. Derma E Fruit Smoothee Facial Cleanser, 175 mL, $16.

More at ebook-free-download.net or magazinesdownload.com

DO YOU HAVE
3 SIGNS OF
HEALTHIER
looking
HAIRCOLOUR*?

SHINE

SOFTNESS

RICHNESS

natural
instincts

CLAIROL®

TAKE THE
HEALTHIER *looking*
HAIRCOLOUR®
CHALLENGE

Not getting shine, softness and richness from your haircolour? Then try Natural Instincts®—**the first haircolour clinically proven to be less damaging.**** You'll see great colour that's healthier looking,† guaranteed,† or we'll refund your purchase and pay for two boxes of your old colour!

Take the challenge at **clairol.ca/naturalinstincts.**

*vs. untreated

**Natural Instincts® L2 vs. leading L3 haircolour

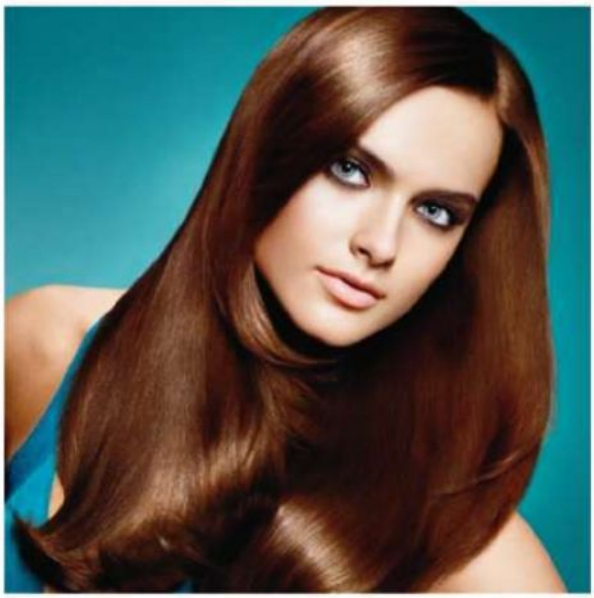
†Satisfaction guaranteed or we will refund you for one Natural Instincts® box and the value of 2 boxes of your old/replacement at-home hair colour (up to maximum $36). Call 1-800-CLAIROL for details. Requirement includes sending original cash receipts within 60 days of purchase for Natural Instincts® and 1 box of your old/replacement at-home hair colour with purchase price circled. Offer valid until December 31, 2010. Limit 1 refund offer per name, household or address.

More at ebook-free-download.net or magazinesdownload.com

LONG-LASTING STYLE,

NO MATTER WHAT YOUR HAIR STRUCTURE

Pantene has discovered the secret to long-lasting hair styles-it's all about hair structure! Its **New Customized Beauty Solutions** now offer four new hair solutions that were scientifically designed for four unique hair structures to help transform the hair you have into the style you crave!



GET THE LOOK:
SLEEK, SMOOTH AND STRAIGHT!

1. Begin by washing hair with **MEDIUM-THICK HAIR SOLUTIONS FRIZZY TO SMOOTH SHAMPOO** and **CONDITIONER** to minimize frizz and maintain smoothness.

2. Add a dollop of **MEDIUM-THICK HAIR SOLUTIONS STRAIGHTEN & SMOOTH CRÈME** to damp hair.

3. Blow dry using a paddle brush to smooth. Then run the flat iron through hair, leaving the ends to flip up

4. Finish with **MEDIUM-THICK HAIR SOLUTIONS STRAIGHTEN & SMOOTH HAIRSPRAY**.

MEDIUM-THICK HAIR SOLUTIONS
FROM FRIZZY TO SILKY SMOOTH!

Four collections are formulated to help maximize smoothness, hydration, strength against damage or natural volume.

JUSTIN'S TIP:
To help eliminate frizz, avoid combing your hair when wet as it is most vulnerable to damage.

GET THE LOOK:
BEAUTIFUL WELL-DEFINED CURLS!

1. Start with **CURLY HAIR SERIES DRY TO MOISTURIZED SHAMPOO** and **CONDITIONER** to nourish and regulate moisture.

2. Generously add **CURLY HAIR SERIES CURL ENHANCING SPRAY GEL** to damp hair.

3. Diffuse dry on medium heat, scrunching as you go. Tilt your head left, drying the left side, then repeat on the right. Finally, tip your head forward and scrunch from back to front.

4. Spray on **CURLY HAIR SERIES SATIN HOLD HAIRSPRAY** to finish.

CURLY HAIR SERIES
FOR CURLS THAT STAY HYDRATED AND DEFINED!

Designed to provide frizz control and protect curly hair from damage.

JUSTIN'S TIP:
To keep curls defined, take care not to run fingers through curls and never brush or comb curls out.

More at ebook-free-download.net or magazinesdownload.com

Whether you have medium to thick, fine, curly or coloured hair, there is a Pantene Collection specifically formulated to help give you the look you want, no matter what your hair structure. Read on to discover how you can get long-lasting hold for the beautiful style you want, with tips from Pantene hair expert Justin German.

Get the customized look with **Justin German**, celebrity hair stylist, expert colourist and co-owner of Shagg Salon. For more great styling ideas with New Customized Solutions from Pantene, visit **pantene.ca**

GET THE LOOK:
VOLUMINOUS BOB!

1. Use **FINE HAIR SOLUTIONS FLAT TO VOLUME SHAMPOO** and **CONDITIONER** to reinforce hair structure and boost volume.

2. Add a dollop of **FINE HAIR SOLUTIONS TRIPLE ACTION VOLUME MOUSSE** to damp hair, and **FINE HAIR SOLUTIONS ROOT LIFTER SPRAY GEL** to the crown area.

3. Blow dry, using a round brush from underneath. Do each side first, then the top last.

4. Add hold with **FINE HAIR SOLUTIONS LASTING VOLUME HAIRSPRAY**.

FINE HAIR SOLUTIONS
FROM FLAT TO FULL AND VOLUMINOUS!

Provides flat hair with weightless body and shine, dry hair with replenishing moisture and fragile hair with strength against damage.

JUSTIN'S TIP:

Use rollers at the crown for added lift; spray with **FINE HAIR SOLUTIONS ROOT LIFTER SPRAY GEL** and remove when gel is dry.

GET THE LOOK:
FULL-BODIED SOFT WAVES!

1. Shampoo and condition with **COLOUR HAIR SOLUTIONS** Shine, Volume or Smooth formula.

2. Choose a styling product (mousse, gel or crème) from the Fine, Medium-Thick or Curly collections.

3. Blow-dry with head upside down to add body and volume; use a paddle brush to smooth.

4. Touch up ends with a big-barrelled curling iron. Give hair a tousle.

5. Finish with a hairspray from the Fine, Medium-Thick or Curly collections.

COLOUR HAIR SOLUTIONS
HELPS MAINTAIN LUMINOUS COLOUR

Helps protect coloured hair and restore brilliance with collections that leave hair with fullness or smooth the hair with intense moisturizers.

JUSTIN'S TIP:

Use **COLOUR HAIR SOLUTIONS CLOUR NOURISHING TREATMENT** weekly to enhance colour and infuse hair with moisture and shine.

PANTENE PRO-V

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

Style Matters

WE LOVE

The tragic passing of extraordinary fashion designer Alexander McQueen struck a chord among the stylish coterie, and his powerful influence wasn't forgotten by nail polish brand Butter London. Its fall 2010 collection features two shades inspired by the British designer. All Hail McQueen is a twinkling on-trend "griege" (grey-beige), while Bumster, a burnished ochre yellow, is a reference to McQueen's infamous low-slung pants of the same name that caused a stir in the mid-'90s. Victoriana (top), a smoky denim, is also featured in the collection. **Butter London 3 Free Lacquers, $17 each.**

Love nail polish? Host your own Girls Night In to raise money for Canadian Cancer Society.

PHOTOGRAPHY, PAUL CHMIELOWIEC

More at ebook-free-download.net or magazinesdownload.com

THREE WAYS

STRIPED TEE

Say *oui* to the simplicity of nautical French style with a Breton-striped top. These classic stripes fit seamlessly into a surprising number of outfits, reviving a classic look that's very of-the-moment. Look for skinny stripes, three-quarter-length sleeves and a boat neck. We love this one from **Jacob ($36).**

WEEKEND WEAR

Keep your stripes looking casually chic with a cosy flyaway cardigan (Press, $72) and a pair of distressed jeans (Paige Denim, $275; belt, Esprit). Maintain a relaxed weekend vibe with an oversize watch (Android) and brilliant red flats (Bensimon).

DRESS CODE

A tailored blazer paired with matching wide-leg trousers (blazer, $169; pants, $129; both Cassis) lends sleek structure to a minimalist striped tee. Add some snappy work-ready pumps (Payless) and a leather tote (Roots) – now this look means business.

AFTER HOURS

Get your glam on by pairing your stripes with a sleek black suede jacket (Danier, $299) and a polished skirt (French Connection, $128) for wow factor. Finish off the look with a sexy pair of suede booties (Aldo) and a leather clutch (Ellington) for some added flash.

PHOTOGRAPHY, ALVARO GOVEIA

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

SNEAK PEEK

At long last, the high priestess of pretty underthings has landed on our side of the border. Megawatt lingerie retailer Victoria's Secret has opened three Canadian locations, at West Edmonton Mall, Yorkdale Mall in Toronto and Square One Mall in Mississauga, Ont.; another will open at the Toronto Eaton Centre before year's end. Whether you fancy the Very Sexy, Angels by Victoria's Secret or Body by Victoria collection, there's no longer a reason to stress about your cross-border shopping binges.

For shopping information, see page 197

LASHING OUT

test driven

The quest to find your mascara match can be exhausting (and pricey!). Our readers try a few new tubes.

MAYBELLINE NEW YORK THE FALSIES MASCARA, 7.5 mL, $9, uses a flexible stem and curved brush to help coat every single lash, adding volume and fullness. After use, lashes are supposed to look like a set of false lashes.

THE VERDICT

"Although this mascara goes on quite thick, which concerned me at first, it quickly produced a dramatic lengthening effect, with little clumping."

– Diana Jackson, Toronto, reader

COVERGIRL LASHBLAST FUSION, 13.1 mL, $11, takes its cult-favourite mascara, LashBlast, to the next level by promising to amp up volume and length.

THE VERDICT

"It made my lashes look very full and long and was very easy to take off at the end of the day. However, I didn't like the brush or the tube it came in. It was really big and bulky, which made applying the mascara a little bit tricky."

– Jennifer Cundari, Vancouver, reader

LANCÔME PARIS DÉFINICILS PRECIOUS CELLS MASCARA, 6.2 mL, 34, claims to help regenerate the condition of lashes by using plant extracts derived from *Malus Domestica,* the superstar ingredient used in Lancôme skin care. It also instantly makes lashes look longer, fuller and more defined.

THE VERDICT

"It made my lashes fuller and longer – I'd definitely use it again."

– Vita Armonium, Scarborough, Ont., reader

PHOTOGRAPHY, PAUL CHMIELOWIEC

More at ebook-free-download.net or magazinesdownload.com

12000

WOMEN VOTED AND PERFECT 10 CAME OUT ON TOP*

Rich, high gloss colour, plus 100% grey coverage, in an amazing 10 minutes.

A beauty innovation winning the highest praise from thousands of women like you.

Read all the rave reviews at **clairol.ca/reviews**

*Based on BrandSpark International's US national survey. Visit bestnewproductawards.biz to find out more.
Perfect 10 launched January 2008. Products launched between May 1, 2007 and August 31, 2008 were eligible for this award.

©2010 Clairol, A division of P&G.

More at ebook-free-download.net or magazinesdownload.com

bringing home a new feline friend

You've just brought home the newest addition to your family. Whether she's an eight-week-old kitten or you've adopted an adult, PetSmart® offers total life-time care tips that will help guide you along the way.

introducing her to the family

Bringing home a cat is exciting for the family, but can also be stressful for your new furry friend. Allow her time in a private place to take it all in. Introduce your family members slowly, so as not to overwhelm her. Apply these same rules when introducing her to other family pets; you'll know when she's ready.

Dr. Robyn Jaynes from PetSmart discusses the importance of nutrition.

Q **We recently adopted a three-year-old Tabby who is a very picky eater. What kind of food should we try that she'll like and is good for her?**

A Often, when a cat is a picky eater, owners give in and feed them anything they like. However, this can cause weight gain and digestive problems. Stay away from the following foods:

- Tuna – Too much tuna can lead to malnutrition.
- Milk and dairy product – Can cause digestive upset and aggravate food allergies.
- Fat Trimmings and Bones – Fat trimmings off meat, both cooked and uncooked, can cause pancreatitis in cats. Bones can splinter and cause an obstruction or lacerations of your cat's digestive system.

Cats need to eat food with high-quality protein, antioxidants and vitamins. When buying food, look for ingredients that include meat protein, natural preservatives and high-quality carbohydrate sources. Feeding your cat a specialty pet food helps to promote healthy internal organs, bones and joints and healthier skin and coat. One option is Nestle Purina Pro Plan for a balanced, nutritious diet.

tackling the litter

Scooping the litter is a job cat owners eventually get used to. Scoop daily and put the litter in a disposable bag before throwing it away. PetSmart offers a variety of litter boxes and accessories to keep things neat and tidy.

bedding

As anyone with a cat knows, they like to sleep – a lot! In fact, on average, cats can sleep for 16 to 18 hours a day. Because of this, a bed of her own is so important. PetSmart carries an assortment of beds and bedding, purrrfect for your feline.

a need to scratch

Most cats, no matter what age, love to scratch. Offer him a sturdy scratching post and play with him on or near it. Offer him treats, toys and praise when he uses it.

routine check-ups

Taking your cat for check-ups twice a year helps ensure a long, happy life. A thorough physical exam allows your vet to check her weight and temperature; heart and lungs; teeth, ears, eyes and nose. She'll also receive any necessary vaccinations or booster shots.

For our full line of products and services along with information on our PetSmart® PetsHotel® with Kitty Cottages, visit us at a location near you or online at www.petsmart.ca

PETSMART
We love to see healthy, happy pets.™

© 2010 PetSmart Store Support Group Inc. All rights reserved.

More at ebook-free-download.net or magazinesdownload.com

Your Cat Depends on You

You can depend on us.

PURINA
PRO PLAN
CAT FOOD

PRO PLAN® DRY CAT FOOD 40% OR MORE PROTEIN

At PetSmart,® we believe in giving your pet the best. That's why we carry more Specialty Food brands than ever before, including Purina® Pro Plan® cat food. Every dry food formula contains 40% or more protein—for bright eyes, extra energy and a strong immune system.

Plus, **Pro Plan** features real chicken, lamb, turkey or salmon as the main ingredient. So she'll find a flavour she loves. Every time.

PetSmart. The best place for Specialty Pet Food.

PETSMART
We love to see healthy, happy pets.™

PETSMART Charities of Canada

Purina® Pro Plan® is the proud sponsor of the PetSmart Charities® Everyday Adoption Program.

Purina Trademarks owned by Société des Produits Nestlé S.A., Vevey, Switzerland.
©2010 PetSmart Store Support Group, Inc. All rights reserved. T3-MC1172

More at ebook-free-download.net or magazinesdownload.com

Right here in Canada, the risk is closer than you think.

Hepatitis A and B are two serious liver diseases. You and your family may unknowingly put yourselves at risk for hepatitis A by eating food handled by an infected worker, or for hepatitis B by getting a manicure, piercing or tattoo with contaminated tools. Only *Twinrix*® vaccine provides protection against both.

To find out more, talk to your healthcare provider or visit www.twinrix.ca.

Twinrix® does not protect against hepatitis C or E. Protection against hepatitis A and B develops within 2-4 weeks. 100% protection cannot be guaranteed and booster doses may be required. Side effects and allergic reaction may occur. Visit twinrix.ca to view the consumer information leaflet. This vaccine may not be right for you. Talk to your doctor.

GlaxoSmithKline

Twinrix® is a registered trademark, used under license by GlaxoSmithKline Inc.
©2010 GlaxoSmithKline Inc. All rights reserved.

For more information on hepatitis and liver health
CANADIAN LIVER FOUNDATION / FONDATION CANADIENNE DU FOIE
LIVERight. Learn how. Visit LIVER.ca

Twinrix
Combined hepatitis A and hepatitis B vaccine

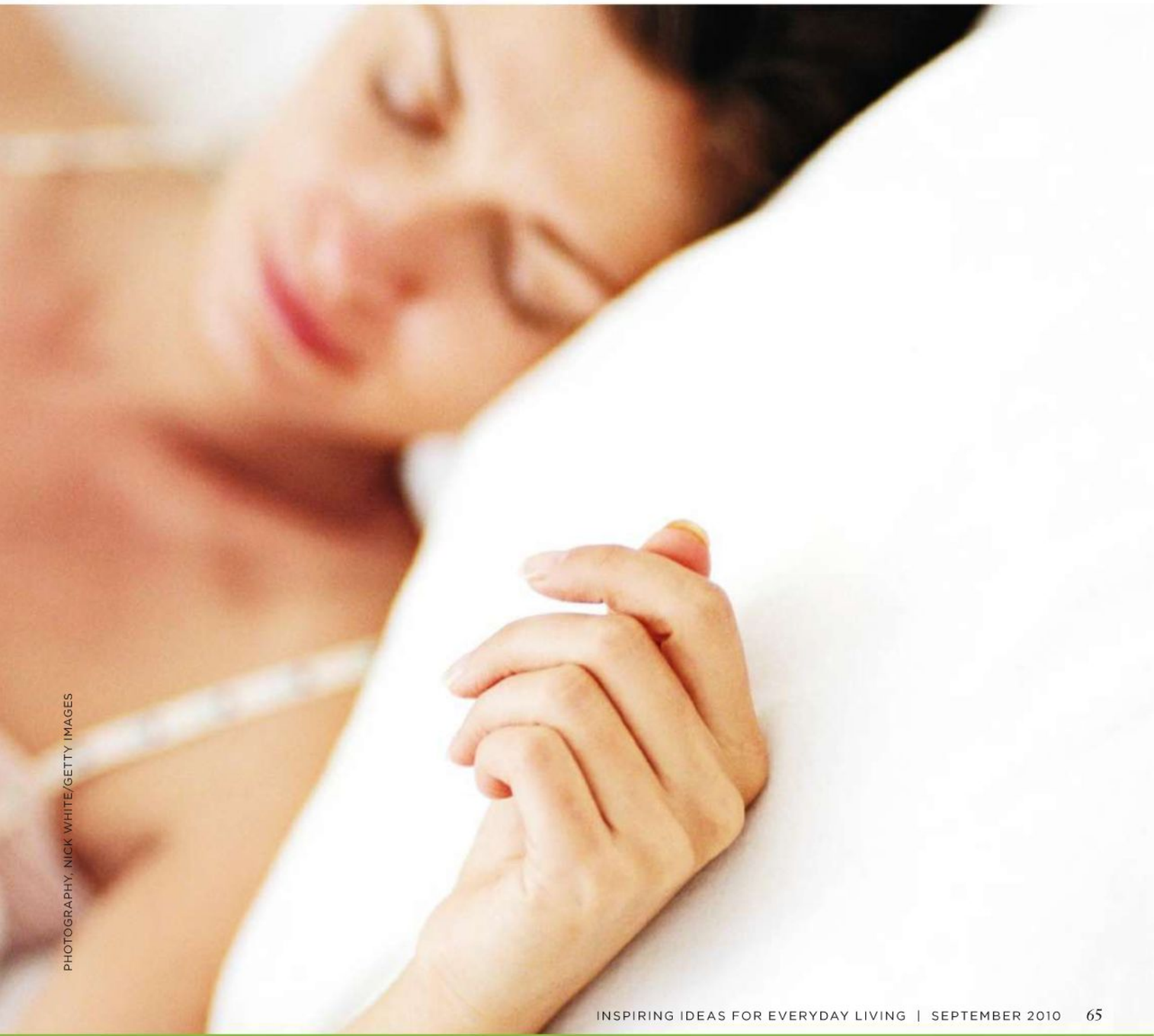
The Only Dual Protection Against Hepatitis A & B

More at ebook-free-download.net or magazinesdownload.com

GET YOUR Best Sleep Ever

Sleeping well is essential to great health. Here's the latest research on how you can get more quality shut-eye.

BY GINA MAIER



PHOTOGRAPHY, NICK WHITE/GETTY IMAGES

More at ebook-free-download.net or magazinesdownload.com

It's 8:17 a.m. and you've made it into the car after countless pleas to your children to "Grab your backpacks and please stop kissing the cat goodbye." You set off on the school-to-office run, bleary-eyed and sniffling (is that a cold coming on?). As you round the corner, you realize you've left the kids' lunch boxes on the counter. You catch a quick look in the car mirror, and it's not pretty: dark circles, sallow complexion and bloodshot eyes. What have you done to deserve this? Well, it's actually what you haven't done – sleep.

More at ebook-free-download.net or magazinesdownload.com

PHOTOGRAPHY, THINKSTOCK

THE SCIENCE OF SLEEP

Busy schedules, stress, illness, commuting, family needs and work all stand in the way of getting a good night's sleep. According to a recent study on sleep from Statistics Canada, almost half of us say we cut back on our sleep when we need more time for life's demands. Yet a new study out of the University of Warwick in England (and published in the journal *Sleep*) says that those of us who get less than six hours of shut-eye a night are – get this – 12 per cent more likely to die early.

"The amount of sleep that you get is critical," says Dr. Charles H. Samuels, medical director of the Centre for Sleep and Human Performance in Calgary and a clinical assistant professor of medicine at the University of Calgary. "There may be negative consequences for your health and performance when you restrict your sleep to less than six or seven hours a night."

This is because your body becomes a beehive of healing activity while you sleep. You go through a series of stages, each with specific repair duties. So when you get less sleep, you miss out on complete recovery and repair – of your body and mind.

When we first fall asleep, we enter non–rapid eye movement sleep. "It's here during the first two to four hours of 'core sleep' that metabolic, immune, neurological and tissue recovery occur," says Samuels. "This is followed by REM [rapid eye movement] sleep, where the skills you learned during the day become embedded in our brains, making this stage of sleep critical for learning and memory."

Overall, experts say we need to take a lack of sleep seriously. "In severe cases, difficulty sleeping can be a sign of potential heart disease, arthritic disease, depression and angina," says Samuels. He adds that Parkinson's disease can also first appear as a sleep disorder. (See Is It Time to Talk to Your Doctor? page 68.)

But don't lose any sleep over your lack of shut-eye – we have all the expert advice on how to hit the pillow in peace.

GET GREAT SLEEP

Surprisingly simple things can sabotage your efforts to head off to the land of Nod. Use the following tips as a checklist to see where you might be unwittingly setting yourself up for a lack of sleep.

- **Foods to stay clear of.** Eating high-sodium foods such as chips and other prepackaged foods, especially before bedtime, dehydrates your body and may cause you to wake up in the night. Spicy foods stimulate your digestive system so your body can't relax, and may cause heartburn or stomach upset. Alcohol may help you fall asleep faster, but it will impair your REM sleep, stress your liver and dehydrate your body, and may cause you to wake up during the night.
- **Foods that help you sleep.** "Calcium and magnesium relax your body and central nervous system – and are most effective [when consumed] together," says Samara Felesky-Hunt, a registered dietitian and nutritionist in Calgary. Yogurt, almonds, figs and whole grain foods are perfect to eat at dinner or a couple of hours before bedtime.

"Tryptophan is an amino acid that has a relaxing effect on your brain by becoming serotonin, a neurotransmitter that slows down nerve traffic and helps your body manufacture the sleep hormone melatonin," adds Felesky-Hunt. Besides in turkey, you can find tryptophan in milk, bananas, figs, dates, oats, eggs, chickpeas, potatoes and peanuts. You can include these foods in your dinner menu or enjoy them as a small evening snack.

Your list of bedtime beverages may include a relaxing cup of warm milk, or chamomile or passion flower tea. (Try to keep your liquids to a minimum, though, to lessen those nighttime trips to the bathroom.)

- **Say no to nicotine and caffeine.** These are both stimulants that affect the quality of your sleep and may cause you to wake because of withdrawal. Felesky-Hunt calls »

More at ebook-free-download.net or magazinesdownload.com

IS IT TIME TO TALK TO YOUR DOCTOR?

Many of us have the occasional bout of sleeplessness, but if you're experiencing memory loss, daytime sleepiness, difficulty concentrating or moodiness, you could have a sleep disorder, says Dr. Joseph De Koninck, the director of sleep research at the University of Ottawa.

- Help your doctor identify your sleep problem. Bring a sleep diary to your appointment and include sleep and nap times and notes on your bedtime routine.
- Ask your doctor if she thinks you have a sleep disorder, or if your symptoms are a sign of another illness. It's not uncommon for women who are in certain life stages, such as perimenopause, to have trouble sleeping.
- There are three main categories of disorders: insomnia (an inability to fall, and stay, asleep); narcolepsy (uncontrollable sleep); and disturbed sleep, which includes restless legs syndrome and sleep apnea (interrupted breathing during sleep).
- Once your doctor has diagnosed your condition, ask about what options are available.
- The Canadian Sleep Society has an Ask a Sleep Expert section on its website, and lists doctors across Canada and their area of expertise, such as sleep apnea or infant sleep problems. Go to css.to and click on "education and information."

caffeine a "sleep stopper" because it blocks the action of adenosine, a natural sleep inducer that your body creates in your brain. Avoid caffeine up to six hours prior to turning in, and if you're still not sleeping well, cut it out of your diet altogether.

- **Avoid eating a big meal before bed.** While you may fall asleep faster, all the intestinal work required to digest it is likely to cause you to wake up frequently. Avoid eating a big meal any later than three hours before bedtime.
- **Fight fatigue food traps.** "Research shows that as you decrease the amount of sleep you get, your appetite increases," says Samuels. "You tend to crave dense, high-calorie foods, such as muffins, cookies, brownies and bagels, which, in turn, can cause weight gain." Focus on protein-rich foods that are high in tyrosine, a brain-stimulating amino acid. Getting some protein in the morning is good for alertness and metabolism. Try a snack of apples and peanut butter or a glass of soy milk before your 2 p.m. energy drop or when the 4 p.m. slump hits you.
- **Exercise.** "People of all ages who exercise tend to sleep better," says Rachel Colley, a certified exercise physiologist and member of the Canadian Society for Exercise Physiology in Ottawa. Besides burning calories and reducing stress (two proven sleep enhancers), exercise increases body temperature, and this increase makes the natural drop in temperature that occurs in your body at bedtime more dramatic, leading to improved sleep." (See Set the temperature, page 71.)

Research also shows that aerobic exercise, as long as it is done well before bedtime, is the best sleep promoter. Colley advises doing something that makes you sweat, such as jogging, walking briskly or aerobics, at least three times a week. (See "Work Out, Rest Easy," page 79).

- **Check your medication.** "Certain medications can disturb your sleep, but some are necessary to keep taking, such as those for asthma, high blood pressure, high cholesterol or depression, so you need to discuss this with your doctor," says Samuels. He doesn't recommend over-the-counter sleep medications because they contain antihistamines, which can cause a hangover effect during the day and don't help your body learn how to fall asleep naturally.

Dr. Joseph De Koninck, the director of sleep research at the »

PHOTOGRAPHY, THINKSTOCK

More at ebook-free-download.net or magazinesdownload.com

Your time, your way. Naturally.

You love spending time doing the things you're passionate about. That's why Swiss Natural HRT® is specially formulated to help relieve the symptoms associated with menopause, like hot flashes and night sweats, so you can focus on the things you love to do. After all, menopause is natural. Perhaps it's time we treated it that way.

swissnaturalHRT.ca

Swiss natural

Supplement your life.

Have questions about your health and how vitamins and supplements fit into your lifestyle? We can help. Get on the path to a better you at **routeofchange.ca**

Swiss ROUTE OF CHANGE

This product may not be right for everyone, so always read the label. NPN 80019270.
TM and ® denote trademarks and registered trademarks of Swiss Herbal Remedies Ltd.

More at ebook-free-download.net or magazinesdownload.com

WE LIKE TO THINK THEY'D PICK US, TOO.

You know when it's real.®

WENDY'S®

©2010 Wendy's International, Inc.

More at ebook-free-download.net or magazinesdownload.com

University of Ottawa, adds that "while prescription sleeping pills can be an effective solution in certain situations, there's a risk of developing a resistance and dependency if they are used over time." Talk to your doctor about the role medications may be playing in your sleep.

IN THE BEDROOM

- **Create a routine.** A regular bedtime and waking time – even on weekends – will steady your inner sleep clock, or circadian rhythm, and help you sleep better.
- **Make sure your mattress and pillow work for you.** The Canadian Chiropractic Association says choose a mattress that's flexible enough to adapt to your shape, while still giving firm support to your spine. Your pillow should keep your head and neck aligned with your spine. (At canadianliving.com/september, you can learn even more about creating a sleep-friendly bedroom.)
- **Set the temperature.** "Sleep is promoted by the lowering of your core body temperature, which typically happens 10 to 15 minutes before you feel like going to sleep," says De Koninck. Because your bedroom temperature affects your body temperature, De Koninck recommends keeping your room between 20 and 23°C. Comfortable sheets and pyjamas, and proper air circulation in your room will also help you settle into a good slumber.
- **Turn the lights out.** When it's dark, the pineal gland in your brain boosts melatonin secretion, which makes you sleepy. That's why using blackout blinds or an eye mask can be helpful. "Exposure to light can keep you up and keep you thinking or worrying," says De Koninck. If you happen to wake up during the night, try to keep your lights out, even if it means navigating your way to the bathroom in the dark. Better still, keep a dim night-light on in the hall or a flashlight on your night table.
- **Unplug yourself.** "Your bedroom is for sleep and sex," says Samuels: Keep TVs and other electronics out. Studies show that computers, BlackBerrys or any device that "physically comes with you to bed" can hinder your ability to get a good night's sleep. On the other hand, a bedtime ritual of light reading can distract and relax your mind.
- **Address the question of noise.** Earplugs are a simple way to block out unwanted noise. But some people find silence itself distracting and need "white noise" from a fan, humidifier or white-noise machine playing soothing sounds of waves or rain. Find out what works for you.
- **Relax before you hit the pillow.** We know it's easier said than done, but calming your body and mind does help you get to sleep. Serene New Age music, spa-style sounds or lullabies with simple, repetitive sounds encourage sleep. Relaxation and meditation CDs that guide you through a series of images can also be effective. Colley says you can also try doing some relaxing yoga poses or stretches before you hit the hay.
- **Put the problem to rest.** If something is bothering you, write it down and deal with it in the morning, says De Koninck. "With a fully rejuvenated brain, solutions will come more easily."
- **To nap or not to nap?** "Napping is natural and corresponds to a direct need in our circadian system," says De Koninck. "Research shows that accidents occur more often in the middle of the day, signalling that we need to rest here." He adds that a 20-minute nap can have a positive impact on your cardiovascular system, memory and the way you function for the rest of the day. That said, if you suffer from insomnia, skip the nap because it may make it more difficult to sleep at night. ■

NEW SALADS. FRESH ON OUR MENU.
Come taste Wendy's® totally reinvented salads. Made fresh each day.

VISIT WENDYS.CA
WENDY'S®
You know when it's real.®

More at ebook-free-download.net or magazinesdownload.com

Whole Life Makeover

Back in February, Dawn Burns and Liz Pappas took up our challenge to participate in a makeover that would help them take control of their health and achieve personal wellness and weight-loss goals. Here, our makeover experts weigh in on Liz's and Dawn's progress and give them great advice for making it to the homestretch.

More at ebook-free-download.net or magazinesdownload.com

Part 3

BY YLVA VAN BUUREN
PHOTOGRAPHY BY NANCY FALCONI

"All my clothes are loose now, and I get compliments on how I look. My self-esteem has hugely improved, and I'm dating again."

DAWN BURNS

Dawn lost 23 pounds in seven months and has already reached her goal weight of 167 pounds. "All my clothes are loose now, and I get compliments on how I look," says Dawn, 31, who lives on her own in Toronto. "My self-esteem has hugely improved, and I'm dating again." While Dawn's goal has always been better health – and the symptoms of her gastroesophageal reflux disease (GERD) and lactose intolerance have all but disappeared – she did lose several inches off her thighs, which she loves. "I used to wear Spanx bodywear when I wore a skirt or dress because I had a problem with chafing, but I don't anymore."

FITNESS

Dawn's strength-training workout (three times a week at Extreme Fitness) has helped her lower her body fat by more than 10 per cent (from 36 per cent to 25.3 per cent) and improve her overall fitness. Her trainer, Justin Williams, says Dawn is much stronger and, as a result, has an easier time doing daily activities, such as carrying groceries.

NEXT STEPS: To stay motivated, Williams encourages Dawn to find an additional activity that is both social and fun, such as a dance class or kickboxing. (Check out canadianliving.com/september to read about five hot new fitness trends, guaranteed to get you out of your workout rut.) While she'd like to slim down her thighs even more and says "my trouble area has always been my lower half," unfortunately she can't simply whittle away certain parts of her body. Williams explains: "Aerobic activity and weight training burn »

PHOTOGRAPHED AT THE GRAND HIVE RESTAURANT, TORONTO

More at ebook-free-download.net or magazinesdownload.com

DAWN BURNS

	MONTH 1	MONTH 4	MONTH 7
Height:	5'9"		
Weight:	190 lbs	177 lbs	167 lbs
Resting BP:	135/80	128/68	120/80
Resting HR:	78 bpm	75 bpm	70 bpm
Total body fat:	36%	26.6%	25.3%
Body mass index:	28	26	25
MEASUREMENTS (inches):			
Dress size:	14	12	10 to 12
Arms:	12½ R, 12½ L	12¾, 12¾	12½, 12½
Chest:	38	37½	37
Waist:	34	29½	29
Hips:	45½	44¾	44

fat and calories from head to toe. Your body wants to be proportional – so fat will come off all over." Dawn says she's fine with that.

FOOD

Dawn tended to eat mostly junk and fast foods. "Now she understands that certain foods will make you more prone to weight gain, especially if you eat big portions," says Cara Rosenbloom, a nutrition coach and registered dietitian.

There's more good news: "I think Dawn's GERD was stress-related – and feeling less stressed and better about herself has helped manage it," says Rosenbloom. "Eating more fibre, more fruits and veggies, low-fat foods and less sugar and salt all help manage GERD symptoms."

Rosenbloom recently took Dawn on a grocery store tour to give her some extra tips and incentive to improve her nutrition. She reminded Dawn to make healthier choices by reading food labels. One frozen meal they looked at, for example, had about 20 per cent of the daily recommended intake of sodium, while another had 45 per cent.

NEXT STEPS: To help her keep up her great work, Rosenbloom encourages Dawn to cook more meals at home. She also suggests that Dawn eat a bran cereal with added psyllium fibre for breakfast; psyllium is a soluble fibre that helps keep cholesterol under control.

OVERALL HEALTH

Dawn's body mass index (BMI) is now 25, which is just one point away from being in the healthy range for her height. Continuing on her current path will get Dawn there in no time. Having a BMI within a healthy range is an important goal because it means Dawn will reduce her risk for illnesses such as stroke and heart disease, says Dr. Joseph Massad, Dawn's family doctor in Toronto. Her blood pressure is normal, which is important because she has a family history of hypertension. Dawn's cholesterol levels have improved, too – and that also reduces her risk of heart disease. Dawn's smaller waistline also cuts her risk of having a heart attack because abdominal fat is a key culprit in heart disease, as well as diabetes. Overall, she has improved her energy, mood, self-esteem and confidence.

NEXT STEPS: Like her trainer, Massad would like Dawn to take up a social sport to help her spice up her routine and get more cardio training.

LIZ PAPPAS

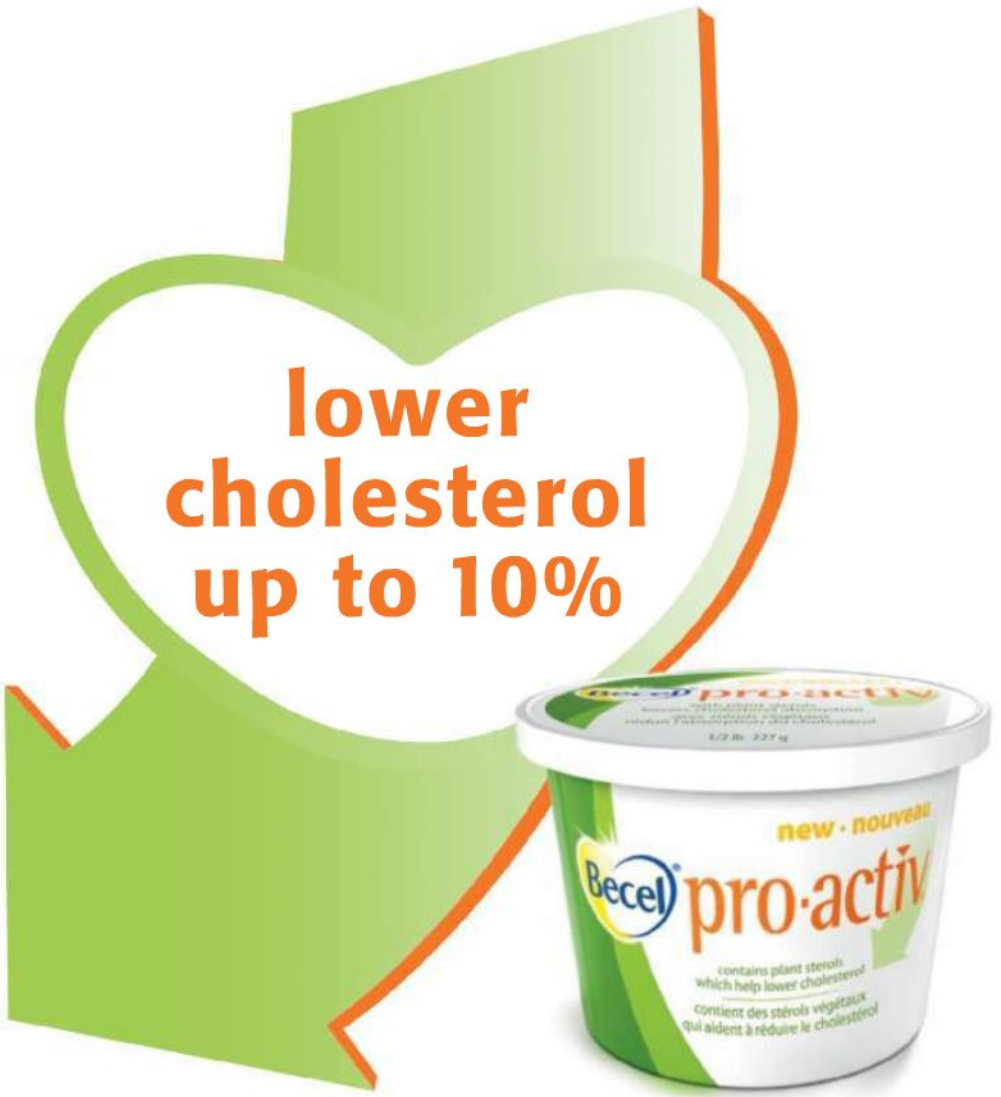
Liz, 43, is a busy mom who lives in Mississauga, Ont., and recently started working again. Liz has lost 17 pounds in seven months and, while her clothes are baggier, she's frustrated that she's not losing weight as quickly as she would like. "A lot of things have gotten in the way of me getting to the gym," she says, citing errands, chores and family commitments. A knee injury has also kept Liz from going full-out in her exercise classes.

At the same time, Liz has improved her health in other ways. She's cut back on smoking, from »

More at ebook-free-download.net or magazinesdownload.com

INTRODUCING NEW BECEL® PRO.ACTIV®

ONE GIANT LEAP FOR HEARTKIND.



NEW Becel® pro.activ® calorie-reduced margarine with plant sterols is different. Becel® pro.activ® contains plant sterols, which help lower your cholesterol.

High cholesterol is a risk factor for heart disease, and 2 tsp of Becel® pro.activ® calorie-reduced margarine with plant sterols provides 40% of the daily amount of plant sterols shown to lower cholesterol in adults.

Consuming 2 grams of plant sterols per day or 2–3 servings of plant sterol–fortified foods, like Becel® pro.activ®, helps lower cholesterol up to 10% starting within 3 weeks.

Learn more at loveyourheart.ca

Trade-mark owned or used under license by Unilever Canada, Toronto, Ontario M4W 3R2.

More at ebook-free-download.net or magazinesdownload.com

LIZ PAPPAS

	MONTH 1	MONTH 4	MONTH 7
Height:	5'7"		
Weight:	222 lbs	213 lbs	205 lbs
Resting BP:	120/60	108/60	104/60
Resting HR:	60 bpm	60 bpm	56 bpm
Total body fat:	36.5%	35.5%	34.5%
Body mass index:	35	34	33
MEASUREMENTS (inches):			
Dress size:	16	16	16
Arms:	15½ R, 15¼ L	14½, 14¼	14¼, 14¼
Chest:	46¾	44½	44½
Waist:	40	37	35½
Hips:	45½	44½	44

Liz reads food labels and has learned to substitute healthier ingredients in her favourite recipes.

half a pack to about four cigarettes a day. Another positive change is that Liz is trying to ensure she gets enough sleep each night. (See "Get Your Best Sleep Ever," page 65.)

FITNESS

Liz takes spinning and weight classes, and works with weights and on weight machines on her own and with her trainer, Sarah Mulaner. Her goal is to get to the gym four times a week, but that's a challenge.

NEXT STEPS: Mulaner would like Liz to change her weight goal to 175 pounds from her original goal of 162, set when she began the makeover seven months ago. With four more months to go, this would mean a weight loss of 30 more pounds, or seven and a half pounds each month. It's challenging but achievable, says Mulaner, who suggests that Liz use rewards along the way for motivation, such as treating herself to a manicure when she stays on track with her workouts.

Keeping up weight workouts is important, says Mulaner, because increasing her lean muscle mass will help Liz burn extra calories through the day. Mulaner adds that weight training also improves mood control and confidence.

FOOD

Liz reads labels and has decreased the amount of salt in her diet. She has also learned to substitute healthier ingredients in favourite recipes. For example, she now uses whole grain pasta instead of white rice noodles in pad thai. But Liz has also picked up a few fad diet "tricks," such as cutting out all bread (she says it's a trigger to overeat) and having a soy protein shake instead of a balanced breakfast.

NEXT STEPS: Rosenbloom isn't a fan of dieting fads. "The best way to lose weight is to eat less and move more," she says. "It's also helpful to understand the triggers that make you overeat so you can slowly work on changing your behaviour. While I encourage Liz to continue working with me and her fitness coach, a behavioural therapist of some kind could help, too. Once Liz understands why she's overeating, she may be able to make permanent changes."

OVERALL HEALTH

"Liz has lost weight, she has gotten back into going to the gym, and she is more conscious of what she eats and how much she smokes," says Dr. Valerie Kubazky, her family physician. She encourages Liz to quit smoking altogether to reduce her risk of stroke, heart disease and other diseases, such as cancer. Kubazky applauds Liz's efforts to get to bed on time, adding that adults need seven to nine hours of sleep a night. "Fatigue can make portion control and exercise goals tougher to achieve," she adds.

NEXT STEPS: "I encourage Liz to work closely with her fitness and nutrition coaches," says Kubazky, who is seeing Liz regularly to monitor her progress. She adds that people who find it difficult to change their eating habits may also benefit from thinking about their behaviour around food choices and eating. ■

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

Resolve: 1
Retreat: 0

Don't let the change in season slow you down – stay in the active groove and let exercise be your natural stress buster. So set the stakes high. Realize the challenge and reckon with it. If you've got the right tools – all you need is the right attitude.

At Fitness Depot we'll help you reach your goals – we're here to provide expert advice and after sales follow-up to keep you on track.

IT PAYS TO KEEP SCORE

▶ Kettlebells

▶ TRX Suspension Trainer

▶ Lebert Equalizer

▶ Foam Roller

▶ Agility Ladder

▶ Bosu Ball

fitnessdepot.ca

fitness DEPOT
your EXERCISE EQUIPMENT SUPERSTORES®

More at ebook-free-download.net or magazinesdownload.com

Work Out, Rest Easy

Bring on the z's with these simple moves.

BY PAMELA MAZZUCA PREBEG, PERSONAL TRAINER, ATHLETIC THERAPIST
PHOTOGRAPHY BY GEOFF GEORGE

SKIPPING WORKOUTS when you're tired can actually increase your fatigue. A regular routine of just 20 minutes of vigorous exercise most days of the week will have you sleeping more soundly and deeply at night and will leave you feeling more awake during the day.

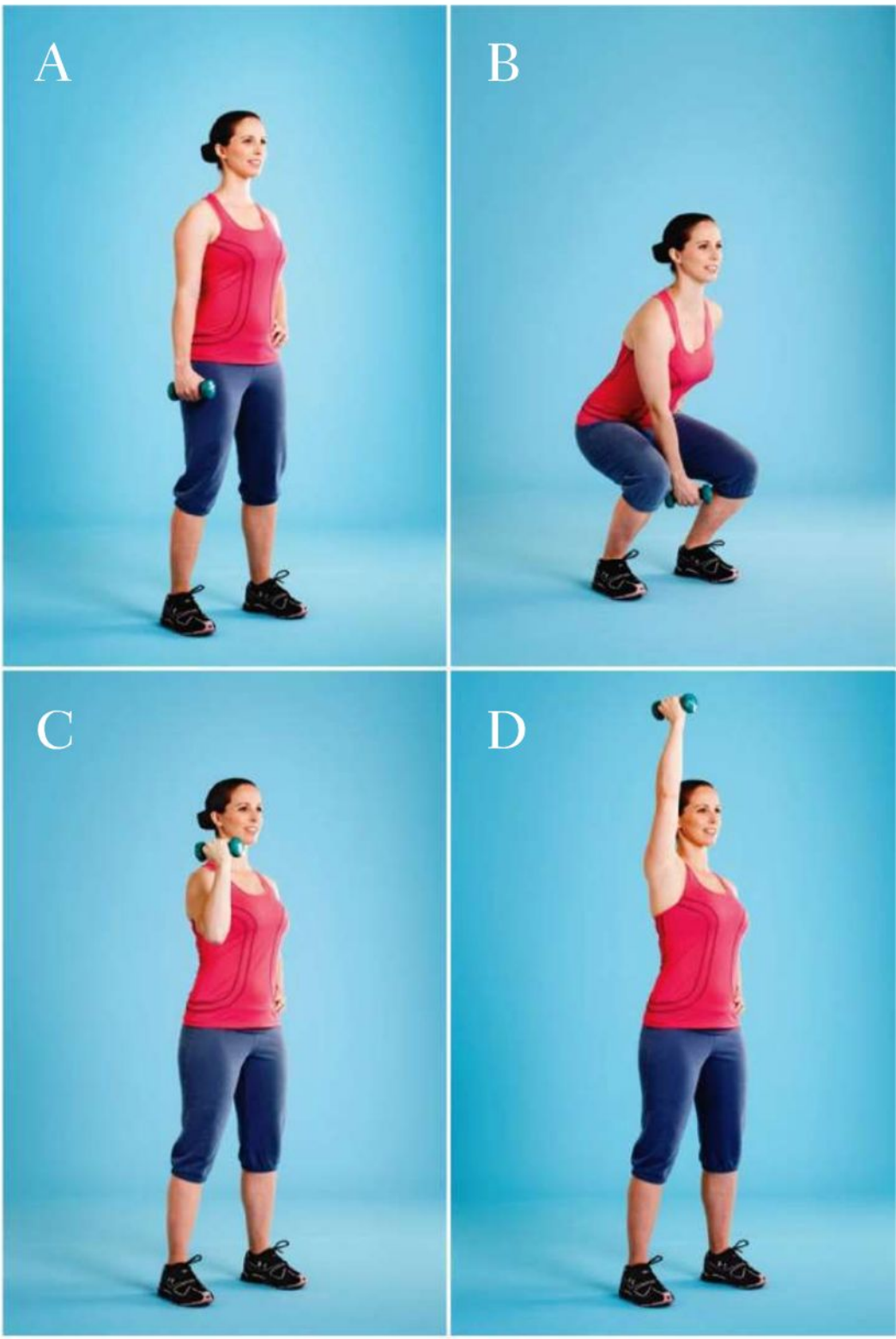
THE WORKOUT

Complete 12 to 15 repetitions of each exercise and skip or do jumping jacks for 45 seconds between each exercise. Once you have completed the entire circuit, rest for a few minutes and repeat it two or three times, resting in between circuits.

WHAT YOU NEED:
One set of 5- to 8-lb dumbbells
Skipping rope

ONE-ARM SNATCH

WHAT IT WORKS: Strengthens your shoulders, the fronts of your arms, your thighs and your butt (deltoids, biceps, quadriceps, gluteus maximus)
HOW TO DO IT: Stand with your feet shoulder-width apart, knees slightly bent. Hold a weight in your right hand and rest your left hand on your hip **[A]**. Push your butt back and bend your knees, lowering the weight between your legs **[B]**. Press through your feet as you stand up, and curl the weight to your right shoulder **[C]**. Press the weight overhead, keeping your wrist over your shoulder, and maintaining a slight bend in your elbow **[D]**. Lower the weight to shoulder height by bending your elbow, then lower the weight back to your side. Complete the set with your right hand and then switch sides.



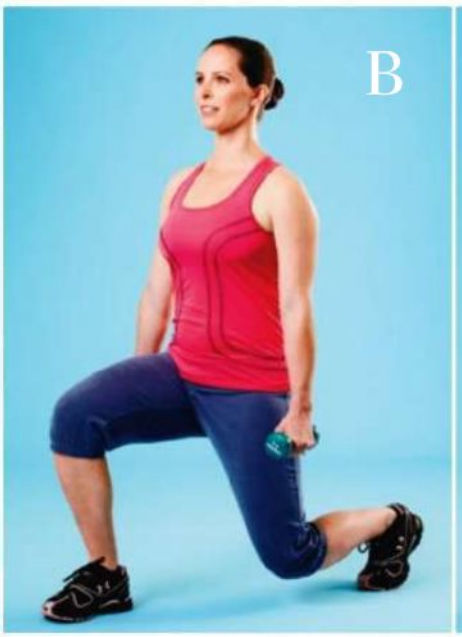
HAIR AND MAKEUP, EARL SIMPSON FOR JUDYINC.COM/TRESEMMÉ HAIR CARE

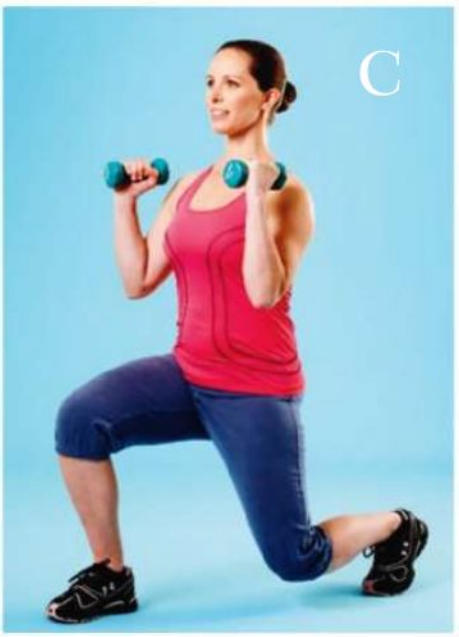
More at ebook-free-download.net or magazinesdownload.com

WALKING LUNGES WITH BICEPS CURLS

WHAT IT WORKS: Tightens and tones your thighs and the fronts of your arms (quads, biceps)

HOW TO DO IT: Stand with your feet together, knees slightly bent, with a weight in each hand, palms facing in. Take a large step forward with your right foot **[A]**. Bend both knees until your front thigh is parallel to the ground and your back knee approaches, but never touches, the ground **[B]**. Curl the weights up toward your shoulders, keeping your elbows tight to your body **[C]**. Slowly lower the weights, stand up and step forward with your left foot and repeat. Continue walking forward for 12 to 15 steps, turn around and start over.





WOOD CHOPS

WHAT IT WORKS: Tightens and tones your thighs, butt and shoulders (quads, gluteus maximus, deltoids)

HOW TO DO IT: Stand with your feet shoulder-width apart, holding a weight with both hands – one hand over the other. Bring the weight to your right hip, keeping a slight bend in your elbows. Push your butt backward and bend both knees until your thighs are almost parallel to the ground **[A]**. If you have any pain in your knees, don't go down as low. Squeeze your butt and stand up, keeping a slight bend in your knees. At the same time, lift the weight up and across your body so it ends up just past your left shoulder **[B]**. Hold for a second, then lower the weight to the starting position and repeat. Complete the set and then switch sides.

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

BRIDGE AND TRICEPS EXTENSION

WHAT IT WORKS: Tightens and tones your butt and the backs of your arms while strengthening your lower back (glutes, triceps brachii, erector spinae)

HOW TO DO IT: Lie with your feet flat on the ground under your knees. Holding a weight in each hand, lift your arms directly above your shoulders. Squeeze your butt and lift your hips off the ground as high as you feel is comfortable. Hold this position for the entire set **[A]**. Keeping your elbows directly over your shoulders, lower the weights toward either side of your head **[B]**. Hold for a second, then lift the weights up and repeat.

ASK PAM

Q: "I'm having trouble sleeping at night. What would be the best time for me to work out?"

A: Late afternoon or early evening is the best time to work out to help improve the quality of your sleep because your body temperature will decrease from your workout just as you are getting ready for bed, allowing you to fall asleep faster and have a deeper sleep.

REVERSE FLY

WHAT IT WORKS: Strengthens the backs of your shoulders (posterior deltoids) and improves your posture

HOW TO DO IT: Stand with your feet hip-width apart and knees slightly bent; lean forward at the hips, keeping your back straight. With a slight bend in your elbows, hold a weight in each hand with your palms facing each other. Let your arms hang to the ground **[A]**. Raise the weights out to your sides until your elbows are at shoulder height **[B]**. Hold for a second, return to the starting position and repeat.

TRAINER'S TIP

Avoid working out any later than three hours before you go to bed, otherwise you may have trouble falling asleep.

Are you getting enough sleep? Visit us at canadianliving.com/september and take our quiz to find out.

More at ebook-free-download.net or magazinesdownload.com

©2010 P&G

OLAY

TOTAL EFFECTS BODY WASH

SHOWER WITH THE

7-IN-1 ANTI-AGING POWER

FROM TOTAL EFFECTS.

NEW OLAY TOTAL EFFECTS ANTI-AGING BODY WASH

Improve elasticity, relieve dryness, deeply condition skin and more as the tried and trusted facial anti-aging ingredients of Total Effects are combined with advanced body cleansing. Shower your way to younger-looking skin and fight 7 signs of body aging all in one.

OLAY. CHALLENGE WHAT'S POSSIBLE.™

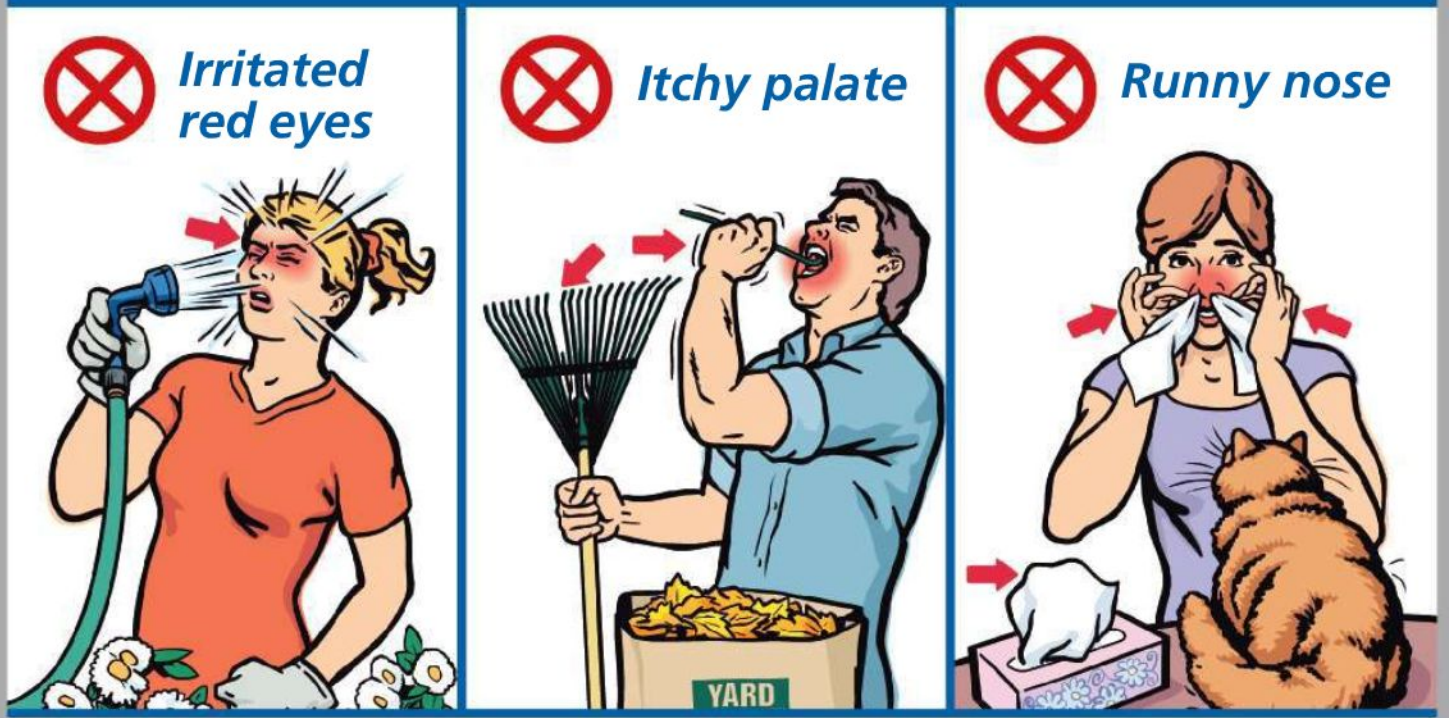
7
- improves elasticity
- relieves dryness
- deeply conditions skin
- brightens dull skin
- evens skin tone
- smooths rough skin
- minimizes the look of dry lines

More at ebook-free-download.net or magazinesdownload.com

AERIUS®

RESEARCH LABORATORY

ALLERGY SYMPTOM RELIEF DO'S AND DON'TS



The power of fast multi-symptom allergy relief

SERIOUS SCIENCE FOR YOUR TOUGH SYMPTOMS

To make sure AERIUS® products are right for you, always read and follow the label.

® Schering-Plough Ltd., used under license by Schering-Plough Canada Inc., now part of Merck.

For special offers visit Aerius.ca and join our community

More at ebook-free-download.net or magazinesdownload.com

Health Matters

let's talk

YOU TOLD US

Last month, we asked: What sun protection measure do you need to get on top of?

- Putting on sunscreen 30 minutes before I go outside. **40%**
- Reapplying sunscreen every two hours. **35%**
- Wearing sunglasses and a hat with a wide brim. **25%**

NOW TELL US

What do you think is the best way to keep your kids healthy and safe from germs at school?

- Tell my kids to wash their hands frequently during the day.
- Put hand sanitizer in their backpacks and ask them to use it.
- Accept that germs are a part of life and treat my kids' colds when they happen.

Cast your vote at canadianliving.com/september. Results will appear in the October issue.

PHOTOGRAPHY, SW PRODUCTIONS/GETTYIMAGES

FOOD ALLERGY CHECKLIST

The start of school brings homework for parents of kids with severe food allergies. Here, Beatrice Povolo of Anaphylaxis Canada, who has a son with peanut and tree nut allergies, offers a checklist of things to review with your child and his school.

- Give the school a written plan of what to do if your child has an allergic reaction. Download a form at allergysafecommunities.ca.
- Review the plan with your child's teacher and other caregivers. If your child is in Grade 1 or older, he can come along. "Being part of their care gives kids confidence," says Povolo.
- Ask lots of questions of your child's teachers and caregivers: What sort of anaphylaxis training have you had? What other information can I give to you? Where will my child be eating lunch? Is there an adult readily available if my child has a reaction? Does the school have a food allergy policy (they vary by province) and to whom is it communicated?
- By the age of six, your child should keep his injector with him at all times. Let his teachers know this and give the school an injector as well. If your son is in high school, he can let his teachers know himself. Your teen should also talk to cafeteria staff about anything he should avoid.
- Show teachers and caregivers how to use the injector and make sure they are comfortable with it.
- Ask whether food allergy policies are in place for class trips.
- Talk to your child's bus driver. Find out if the bus has a "no food" policy and if the driver has any training in dealing with food allergies.
- Remind your child that he can't share food or utensils with other kids.
- Keep up the conversation. "Make yourself available and stay engaged throughout the year," says Povolo.

– Kathryn Dorrell

More at ebook-free-download.net or magazinesdownload.com

off the shelf

Bars to Go

Our nutrition expert looked at bars – which make great snacks for adults and kids – and here's what she found.

• All of the featured bars are trans-fat free. **Tip:** Choose bars that are lower in sugar (9 g or less), high in fibre (4 g or more) and made with whole grains.

BY CARA ROSENBLOOM, RD

QUAKER CHEWY GRANOLA BARS – BUMBLE BERRY

• Per bar (26 g): 110 calories, 2.5 g fat, 20 g carbohydrate (5 g sugar, 1 g fibre), 1 g protein
• Main ingredients: whole grain rolled oats and whole wheat, brown sugar, sunflower oil, glucose, crisp rice. Sweetened with: brown sugar, honey, fructose-glucose, sugar, glucose
• Lowest in sugar of the four we looked at
• Nut-free; made in a peanut-free facility

KELLOGG'S ALL-BRAN BARS – ORIGINAL

• Per bar (30 g): 130 calories, 6 g fat, 20 g carbohydrate (8 g sugar, 4 g fibre), 2 g protein
• Main ingredients: wheat flour, sugar, wheat bran, vegetable shortening. Sweetened with: sugar, glucose-fructose
• Good source of fibre; contains wheat bran, an insoluble fibre that helps keep you regular
• Does not contain peanuts or tree nuts

KASHI CHEWY GRANOLA BARS – CHERRY DARK CHOCOLATE

• Per bar (35 g): 130 calories, 2 g fat, 24 g carbohydrate (8 g sugar, 4 g fibre), 5 g protein
• Main ingredients: whole grain wheat, oats, rye and triticale; cherries, semi-sweet chocolate. Sweetened with: brown rice syrup, apple juice concentrate, evaporated cane juice
• No refined white sugar or glucose-fructose
• Contains nuts and peanuts

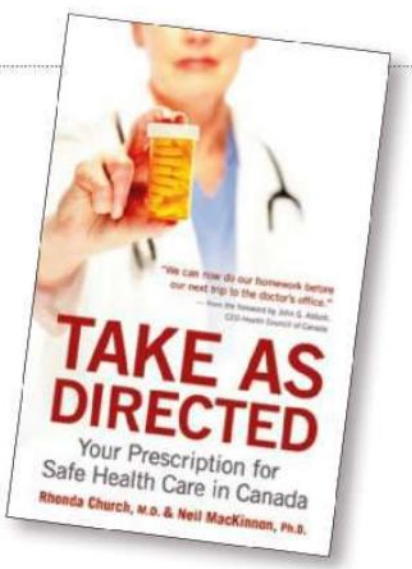
NATURE VALLEY FIBRE SOURCE BARS – HONEY AND ALMOND

• Per bar (32 g): 130 calories, 3.5 g fat, 23 g carbohydrate (9 g sugar, 5 g fibre), 2 g protein
• Main ingredients: whole grain rolled oats and barley flakes, sugar, canola oil, glucose-fructose, crisp rice. Sweetened with: sugar, fructose, glucose-fructose, high-maltose corn syrup
• Source of omega-3 fat (from flaxseeds)
• Contains nuts and peanut oil

A Note On Nuts: Read food labels every time you buy a product because ingredients may change. Call the company directly if you have questions about their nut-free claims.

EDITOR'S PICK

Just what the doctor ordered: help in better managing your family's health care. *Take As Directed: Your Prescription for Safe Health Care in Canada* (ECW Press, 2010, $19.95) by Rhonda Church and Neil MacKinnon, both doctors in Nova Scotia, covers everything from prescriptions and hospital stays to electronic health records and medical errors, and tells you how to get the most from our health-care system.



PHOTOGRAPHY, PAUL CHMIELOWIEC (TOP)

More at ebook-free-download.net or magazinesdownload.com

Scars
Stretch marks
Uneven skin tone

I am always fighting with my weight, and as a result have large stretch marks which can be embarrassing. I was watching TV and the advertisement came on for Bio-Oil. So I tried it and it made my skin feel great. I used it for the next couple of months and slowly my stretch marks started to look a lot better. It's made me a lot happier. Since I've been using it I have told everyone in my family, the people I work with and my friends. I have been using it religiously since it makes my skin feel great. It's good to know that there is actually something out there that does what it advertises.

Casey Gray

Bio-Oil® is a skincare oil that helps improve the appearance of scars, stretch marks and uneven skin tone. It is also highly effective for aging and dehydrated skin. Bio-Oil is a combination of natural oils and vitamins, together with the breakthrough ingredient PurCellin Oil™. For comprehensive product information, and details of clinical trials, please visit bio-oil.com. Bio-Oil is available at drugstores and selected retailers. Results will vary from individual to individual.

No.1

CANADA'S NO.1 SELLING SCAR AND STRETCH MARK PRODUCT
Nielsen, 2009

UNION SWISS | SUCCESSFULLY TREATING SKIN SINCE 1954

More at ebook-free-download.net or magazinesdownload.com

DID YOU KNOW?

Not all sweet, creamy freezer treats can be called ice cream. Many products in your grocer's freezer are considered "frozen desserts" because they are made with oil and may contain no milk or cream.

Canada's Dairy Products Regulations set out standards for frozen desserts based on the percentage of milk solids and milk fat they contain. To be considered true ice cream, a product has to have a minimum of 10 per cent milk fat. Ice cream that is labelled "light" needs to contain at least five per cent milk fat. A product that is labelled "frozen dessert" does not have to meet a minimum percentage for milk fat.

NUTRITION IN A BOTTLE

Your baby's bottle may hold the key to the amount of nutrients she's getting. A study by researchers from the University of Nevada-Reno showed that bottled breast milk and infant formula begin to lose vitamins A, C and E after only five minutes of feeding. Researchers offered two reasons for this: air flow and the bottle's shape and size. When your baby feeds, she's replacing milk with air in the bottle; the more air that mixes with milk or formula, the more nutrients that get lost during feeding.

The solution? Select a fully vented baby bottle (check the packaging), which prevents air from travelling through milk or formula, and one that's small, which means there will be fewer air bubbles on top of the milk to begin with. – *Wendy Graves*

test driven Sleep Support

See "Get Your Best Sleep Ever," page 65

SUMMIT CUDDLE DOWN, $65, is a Canadian-made hypoallergenic pillow filled with domestic white duck down and designed for back or side sleepers.

THE VERDICT

"I was surprised by the good support this pillow gives. It's plump and comfortable when I'm on my back or side." – *Alex Mine, Ajax, Ont., reader*

MAGNIFLEX STANDARD PILLOW, $149, features Coolmax fabric to control your body's temperature and hydration, keeping you cool and dry all through the night.

THE VERDICT

"I often have a sore neck and I really liked the nice balance of support and softness this pillow has." – *Kathryn Dorrell, editor, Health*

THE SYMPHONY PILLOW BY TEMPUR-PEDIC, $180, is dual-sided, so it works for various sleep positions, and has a washable allergen-resistant cover. Back sleepers use the arched side.

THE VERDICT

"I like that this pillow has specific sides for sleeping on. It's soft, but supportive, and it breathes really well." – *Agnes Rusek, Toronto, reader*

PHOTOGRAPHY, FLOORTJE/ISTOCKPHOTO (TOP)

More at ebook-free-download.net or magazinesdownload.com

New Blueberry Flavour Special K* Cereal.

Delicious. Fat Free. 100 Calories. To help you with weight management, we encourage you to work out and not to skip breakfast. Try new Blueberry Flavour Special K* Cereal, because we know that it's way easier not to skip when what you're eating is really, really tasty.

© 2010, Trademark of Kellogg Company used under license by Kellogg Canada Inc. As part of healthy eating, Special K Blueberry Flavour Cereal can help you achieve and maintain a healthy body weight because it is fat free.

More at ebook-free-download.net or magazinesdownload.com

VITALICIOUS®

100 DELICIOUS CALORIES®

Vital & Delicious

VITAL & DELICIOUS

VitaMuffin® VitaTops Deep Chocolate

Every Vitalicious product contains:

100 Calories | 4-10g Fiber | 0-2.5g Fat | 3-5g Protein

A perfect balance of pleasure, nutrition and calories. VitaTops and VitaMuffins —deliciously satisfying your need for a healthy lifestyle, weight management and portion control—all naturally!

Available across Canada

Maximum Nutrition and Pleasure for Minimum Calories™

More at ebook-free-download.net or magazinesdownload.com

SEPTEMBER:

Ease the Stress

The end of summer spells a return to school and a faster pace for all. Here's how to start the new season on a calmer note.

BY JULIE BEUN

PHOTOGRAPHY, THINKSTOCK

More at ebook-free-download.net or magazinesdownload.com

GO ONLINE
Learn more great ways to make back to school a breeze at canadianliving.com/september.

After weeks of kids, pool parties and barbecues, there's a seismic mood shift in autumn, as our engines rev up for going back to school and work. Tension builds, lists are started and suddenly there's just not enough time, says Cindi Williams, a registered counsellor based in Vancouver. "People switch from this organic, creative time to one where time is mandated and there are too many things going on."

But it doesn't have to be like that. This year, change the dynamic as you flip open your calendar to make September a season of fresh energy, new beginnings and (call us crazy) even fun. Check out these ideas to ease your stress this month.

DON'T GO COLD TURKEY

Maybe you love dining alfresco. Perhaps it's outdoor music festivals or enjoying a morning cup of tea while you read the newspaper. As autumn approaches, make sure you continue a few summertime activities. Plan a weekend barbecue while the September sun still shines, or grab some film festival tickets. And make sure you still sip your tea – scientists at University College London in England found that people's stress levels dropped by an average of 47 per cent when they drank black tea. The risk of heart attack (due to blood platelet activation) was also lower.

START BY GOING TO BED

Kids may love watching late-night movies then sleeping till noon, but it's not conducive to 9 a.m. classes. "Getting to bed on time is important, [but] the most critical anchor is getting them up at a specific time," says Dr. Helen Driver, head of Kingston General Hospital's Sleep Disorders Laboratory in Kingston, Ont. Make it easier by shifting bedtime back 15 minutes a night until everyone's back on track. For more tips on getting your z's, see "Get Your Best Sleep Ever," page 65. »

PHOTOGRAPHY: ALLAN DANAHAR; GOODSHOOT/THINKSTOCK (BOTH)

More at ebook-free-download.net or magazinesdownload.com

FACT: No Matter How Busy Your Life Is, Nothing Is More Important Than Taking Care Of Yourself.

Nature's Bounty Offers A Full Line Of High Quality Supplements For All Your Individual Needs.

QUALITY QUALITÉ

NATURE'S BOUNTY®

Perfect For Every Body™

www.NaturesBounty.ca

Healthy You. Healthy Earth.

For more information about our products, call 1-877-925-8487.

©2010 Nature's Bounty, Inc. 101080nb2a

More at ebook-free-download.net or magazinesdownload.com

aravon
Comfort Engineering by new balance

British Columbia
New Balance Victoria
New Balance Robson
New Balance Delta
Vince Devito's
Kennells Shoes
Sidewalkers

Saskatchewan
Foster's Shoes

Alberta
New Balance Calgary
Appara Shoes
Foot Health Centre
Sole to Soul

Manitoba
Canadian Footwear

Ontario
New Balance Oakville
New Balance Toronto
Yonge & St-Clair
Bloor West
Bayview Village
Shops @ Don Mills
Mt-Sinai
Kameka Footwear Inc
Walking On A Cloud
Al's Shoe Factory
Niagara Foot Care Clinic
Ovation Shoes-strathroy
J. Seigel Footwear Inc

LACE UP FOR THE CURE

STOCK UP – EARLY!

Don't wait until Labour Day to buy school supplies, says Candace Derickx, co-owner of Best Tools for Schools, an Ottawa-based company that takes orders, then delivers supplies directly to your child's school on the first day. "Shop early," she says. "And don't be fooled by sale prices – they're loss leaders to get you into the store. Stick to your list."

EAT STRESS-FREE

As levels of the hormone cortisol rise in response to stress ("Mom, I need money/help/something else for school"), your body releases mood stabilizers such as serotonin. Yet chronic stress can deplete serotonin, creating cravings, says Dr. Joey Shulman, a Toronto diet expert and author of *Healthy Sin Foods* (Viking, 2009). "Keeping your blood sugar on track is key to reducing stress," says Shulman. Good choices include egg whites, chicken, turkey, cold-water fish, fruit, brown rice and quinoa.

BACK TO MEAL PLANNING

Plan a few weekly menus, then hit the grocery store and stock up – but again, keep to your list. "It keeps expenses down and gets you organized," says Derickx. Include »

THERE'S AN APP FOR THAT?

A little tech support, such as the Class Calendar App for iPhone, a smartphone application that customizes reminders about classes and assignment deadlines, can help you to coordinate things such as calendars and shared parenting. Blackberry's calendar application can interface with your desktop agenda, making scheduling a snap. And many school boards offer downloadable calendars. You can also set up Microsoft Excel spreadsheets on a shared network drive that your kids can update. And, as holidays draw to a close, prepare for getting back to work by scanning your email. "You want it to be gradual," says Joyce Odidison, a life coach in Winnipeg. "Rather than responding to email in the evening, do it in the morning. Just don't overdo it and make it so annoying that your family wishes you'd go back to work."

PHOTOGRAPHY, PHANIE/FIRSTLIGHT

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

a few freezer-friendly meals, such as chili, soup and stew, that can be reheated easily on nights when the kids have after-school activities, your kids' friends join you at the last minute, or you get stuck in traffic. For more meal ideas, visit canadianliving.com/recipes.

WHAT'S FOR LUNCH?

Making school lunches and snacks can be fraught with stress. Keep things simple by dedicating a fridge drawer to lunch items such as cut-up veggies, dip, cheese and fruit. Individually wrap and freeze baked goods, such as mini muffins. And take advantage of your school's hot lunch days, says Derickx. They're usually school fund-raisers, and are a nice break for you.

FALL SPRING CLEANING

September is a good time to spring-clean your closet. "Everyone has two wardrobes, so do a bit of thinking about what you need to have handy for the cooler weather," says Joyce Odidison, a life coach based in Winnipeg. Avoid the scramble for a tuque and mitts on the first cold day by washing everything ahead of time, and placing it within easy reach. Tip: Put together a few go-to outfits for each family member for those mornings when everyone sleeps in!

EEK – JUST TOO MANY ACTIVITIES!

Swimming, football, gymnastics: it's easy to overschedule kids. Start the season by letting your child choose one or two activities and then, if he (and you!) can handle the schedule, consider others. "If your kids are involved in too much, they'll be frazzled. Let them choose what they like and put the effort into that," says Fiona McQuarrie, a professor of organizational studies at the University of the Fraser Valley in Abbotsford, B.C.

THE KIDS ARE ALL RIGHT, HOW ABOUT YOU?

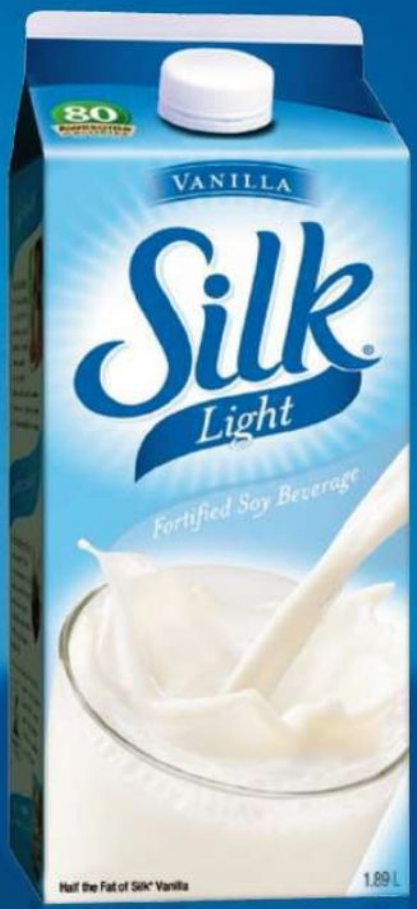
It's the second week of September and everyone's on track, right? If not, start breathing deeply. Researchers at the U.S. National Institutes of Health have found that breathing slowly for a few minutes each day can reduce blood pressure. Think about taking a meditation or yoga class. "Or try a new activity – anything that makes you feel different or better offers stress relief," says McQuarrie. She did: At age 35, she took up competitive adult figure skating. Now 51, she recently placed seventh in the national adult figure-skating championships.

WHAT? THROW A PARTY?

Kick off the year in a positive way by hosting a simple get-together. Do it early in the month, for example, after work on the first Friday back, so you can meet other parents with kids and exchange phone numbers for playdates and backup child care. Derickx invites her daughters' classmates for a S'mores the Merrier start-of-school do. "It's easy and a good opportunity for everyone to get to know each other," she says. ■

PHOTOGRAPHY, THINKSTOCK

Light feels right.
Guaranteed.



©2010 WhiteWave

Meet new Silk Light Vanilla – all the great taste of Silk for 80 calories per serving.

Every delicious sip comes with 15 essential nutrients and a money-back guarantee. So aside from a few spare calories, you've got nothing to lose.

Awesome Calorie Lineup
Under 90 Awesome CALORIES PER SERVING

Learn more and get great recipes and coupons at DrinkSilk.ca

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

School Daze

What it's like to trade in a full-time job for student life

BY MIRIAM OSBORNE

Could I really go back to student life at this point, having worked for so long and being so much older than the other students?

After enjoying her first summer break since high school, MIRIAM OSBORNE, a former senior editor at *Canadian Living* Magazine, is getting her school supplies ready for second year.

Last year I quit my job. I used to work at this great magazine, but after seven years I left behind interesting articles and a team of people who had become my friends so I could go back to school to study environmental issues.

Starting over was a lot scarier than I thought it would be. There were nights when I woke up sweating, thinking, Did I really hand in my resignation? Could I really go back to student life, having worked for so long and being so much older than all the other students? Could I afford it? But I had a breakthrough moment and felt a giddy sense of freedom when I received the acceptance email from the University of Toronto.

Freedom means many things to many people. For me, it's walking through a door into a different world. It's getting to hold a chimpanzee skull and stare at a human one for comparative anatomy one afternoon. I'd never even seen a real human bone before, let alone touched one, feeling each ridge and groove.

Monday mornings are different, too. I walk my dog, Charlie, in the park near my place and we watch people rushing to work. And then I spend hours in the library studying theories of how life first formed, billions of years ago. On days like this, I feel like I've won the lottery.

But starting over comes at a cost. On the first day of school I found myself in Convocation Hall – surrounded by 1,300 unfamiliar faces, terrified by the assignments and massive reading lists. By the time I made it home and began sorting out my homework, textbooks and syllabuses, I did what most kids do when they've been moved from the comfort and security of a schedule to a noisy, scary room with new faces and unknown expectations: I cried.

My world has changed. After work, I used to spend hours outside or watch "So You Think You Can Dance?" Now I read about the big bang theory, evolution and the hydrologic cycle, do research and read some more. There's always a thesis proposal to be hammered out and an essay hanging over my head. And, of course, there's the stress of tests and exams.

Money, or the lack thereof, was another thing I had to adjust to. When I was earning a living, I loved meeting up with friends for dinner, and I got used to the stuff I could never afford as a student: expensive cheese, CDs, geeky nonfiction novels, concert tickets. Now I buy things on sale, enjoy a library card and seek out free shows. And never mind the money I spend to learn about fossil fuels. That's just the price I pay for the freedom to start over again. ■

ILLUSTRATION, RACHEL ANN LINDSAY

More at ebook-free-download.net or magazinesdownload.com

When food allergies strike, will *you* be prepared?

In the event of a severe allergic reaction, every second counts. However, many people at risk of a severe allergic reaction do not carry an emergency treatment, such as an EpiPen® Auto-Injector. If you've ever had a reaction, even a mild one, to food products or insect stings, it could be a sign of dangers to come. You can't always avoid your allergy triggers, but you can be prepared.

Should you be carrying an EpiPen® Auto-Injector? Take the test now!

Severe Allergy Risk Test

Nearly 600,000 Canadians are at risk of a severe allergic reaction. Are you one of them?

To help determine your risk of a severe allergic reaction, check all the boxes that apply to you.

I had a reaction shortly after exposure to even a small amount of:

- ❒ Peanuts
- ❒ Tree nuts
- ❒ Fish
- ❒ Shellfish
- ❒ Sesame
- ❒ Milk
- ❒ Soya
- ❒ Egg
- ❒ Wheat
- ❒ Insect stings
- ❒ Medications

It included the following symptoms:

- ❒ **MOUTH**: itching, swelling of the lips and/or tongue
- ❒ **THROAT***: itching, tightness, closure, hoarseness
- ❒ **SKIN**: itching, hives, redness, swelling
- ❒ **GUT**: vomiting, diarrhea, cramps
- ❒ **LUNG***: shortness of breath, cough, wheeze
- ❒ **HEART***: weak pulse, dizziness, passing out (due to low blood pressure)

*Some symptoms can be life threatening.

If you checked at least 1 box in each section, you could be at risk for a severe allergic reaction.

Your risk is even higher if you:

- ❒ Have had a previous reaction (even if mild)
- ❒ Have asthma

Your reaction could be more severe if you:

- ❒ Have asthma
- ❒ Have cardiovascular problems

Take this test to your doctor to find out if you should be carrying an EpiPen® Auto-Injector.

Additional Resources: Anaphylaxis Canada · Allergy Asthma Information Association · Association québécoise des allergies alimentaires

King Pharmaceuticals

© 2010 King Pharmaceuticals Canada, Inc. • 2915 Argentia Road, Suite 7, Mississauga, Ontario L5N 8G6 • Toll free: 1-877-EPIPEN1 (1-877-374-7361)
Tel: 1-905-812-9911 • Fax: 1-905-812-9916
EpiPen® and EpiPen® Jr are registered trademarks of Mylan Inc. licensed exclusively to its wholly-owned subsidiary, Dey Pharma, L.P. of Basking Ridge, New Jersey, USA.

EpiPen® and EpiPen® Jr Auto-Injectors are indicated for the emergency treatment of anaphylactic reactions in patients who are determined to be at increased risk for anaphylaxis. After administration, patients should seek medical attention immediately or go to the emergency room. For the next 48 hours, patients must stay within close proximity to a healthcare facility or where they can call 911. To ensure this product is right for you, always read and follow the label.

EPIPEN® (Epinephrine) Auto-Injectors 0.3/0.15mg .ca

Emergency response at hand.

More at ebook-free-download.net or magazinesdownload.com

CLAIROL

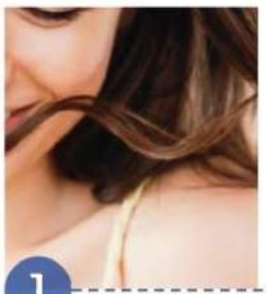
honesty time: let's talk hair colour.

Hon, get your right colour with Nice 'n Easy. Rich tones layered with contouring highlights give you a natural looking, gorgeous mane. No need to thank me, that's what girlfriends are for.

nice'n easy

More at ebook-free-download.net or magazinesdownload.com

Want your roots to disappear? This is your magic wand.



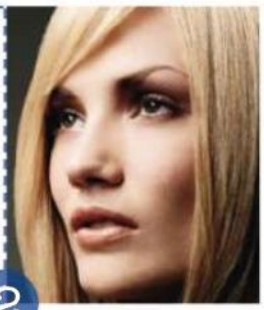
1

Starlight, star bright, wish I could hide my roots tonight.

No problem - in only ten minutes, roots are gone. The wand makes it easy to touch up just the roots. Poof! They disappear. So there's no reason to leave the house with roots showing ever again.

Will this match my colour or am I wishing for a miracle?

It sure feels like a miracle. Root Touch Up will flawlessly match almost any colour.* Even other permanent brands and salon colour. The unique Targeted Root Creme permanently covers greys and roots.



2

3

I wish my roots would do a disappearing act.

Use Root Touch Up once when you are in between colourings. It extends the life of your colour and keeps you looking polished.

4

One final wish. I'd like to add a personal masseur to my routine.

Hm, can't help you with that one. But, when you use Root Touch Up in between all-over colourings as part of your hair colour maintenance routine, you'll feel just as fabulous.

root touch-up
nice'n easy

*among leading shades of leading retail brands and pre-formulated salon colour.

More at ebook-free-download.net or magazinesdownload.com

Serena Williams trusts **TAMPAX PEARL®** plastic with **FormFit.™** It expands for a **better fit to stop more leaks.***

TAMPAX.CA

*vs. the Next Leading Brand

More at ebook-free-download.net or magazinesdownload.com

Wake-Up Call

BY BARBARA RIGHTON ILLUSTRATION BY TREVOR WAURECHEN

Pets can murder a good night's sleep, as Diane Dowd knows only too well. Last spring, she and her husband, Phil, adopted a three-year-old Labrador retriever, whom they named Lucy. Night after night, Lucy would get up from her dog bed and pace. Then she'd shake herself, sniff loudly, put her paws on their bed and stick her nose right into Diane's face. While Phil dozed, Diane got dressed and took the dog outside. "It was like having a baby," Diane says. "I was sleep deprived." »

More at ebook-free-download.net or magazinesdownload.com

She's not alone. According to Nestlé Purina PetCare Canada, there are 12 million cats and dogs (not to mention innumerable birds, rodents and other small pets) in this country, so it's no stretch to believe the experts when they predict that at some point, every owner will be disturbed by a pet's nighttime activities.

"The extent [of the disturbance] varies based on the breed, the age, the training and the personality of the cat or dog," says Jenine LaFayette, a spokesperson for Purina. A Leger Marketing study in 2002 discovered that 30 per cent of all pet owners were bothered by barking or caterwauling. Another study, by the Mayo Clinic Sleep Disorders Centre, found that 53 per cent of animal owners were woken by their pets every single night.

Changing the disruptive behaviour starts with understanding it. Some experts say animals wake people up to play. That behaviour is most likely to come from a cat, says Kathy Linn, a veterinarian with the Western College of Veterinary Medicine in Saskatoon. Cats are adept at learning associations, says Joseph Stookey, who's also a veterinarian at the college. If Bootsy wakes you up at 3 a.m. and you feed him, he'll be purring in your face tomorrow night too. But food is not the only trigger, adds Linn. Her cat knows when she's planning a trip the minute he sees her backpack – and anything outside a normal routine can make pets uneasy.

Animals are very sensitive to schedule changes. Susan Steiner, who runs a pet wellness centre and rescue in Brooklin, Ont., says her dog took three months to adapt to a new morning routine. "When I started getting up at 6 a.m. instead of 5 a.m., he'd wake up early, bark and pace and paw at me. They know good things happen when people get up," she says.

Sometimes, however, a pet can have a good reason to make some noise. One woman's dog kept trying to wake her up at night, so she called Lauren Bode, an animal communicator in Toronto, who discovered that the dog was worried about her. Within a few months, the woman was diagnosed with a serious autoimmune disease.

As for Lucy, the restless Labrador, she was diagnosed with a bladder infection and, after a round of antibiotics, is now sleeping through the night. "She is a different dog," says Diane, who is also now sleeping like a log.

let's talk

Does your furry friend rock around the clock? Go to canadianliving.com/september and share your stories, photos and videos of your pet – and your solutions. And pick up tips on how to settle your pet down.

HOW TO GET YOUR PET TO SLEEP THROUGH THE NIGHT

1 | Knock off the Frisbee playing. "There's a theory that says dogs are like athletes," says Stookey. "The more you exercise them, the more they need it. If you want your dog to be a bit lazy, don't take him on so many walks, and feed him a little more."

2 | Kick them out of the bedroom or at least off the bed. "If you let them sleep with you, you're asking for disruptions," says Stookey. If the interloper is a cat, try to ignore the behaviour and it will eventually stop, says Linn. "Shutting the cat out of the room will only provoke yowling."

3 | Keep the same schedule. "If you get up Monday to Friday at 7 a.m., don't be shocked that when you want to sleep in on the weekend, your pet is still getting up at seven," says Steiner.

4 | Give them their own place. "A crate is important for some dogs," says Steiner. "But leave it in one spot – leave the dog's bedroom in one place, same as yours."

5 | Birds like their cages to be covered at night, says Dr. Evan Mavromatis, a veterinarian at the The Links Road Animal and Bird Clinic in Toronto. "It's like us closing the blinds on our windows." Rodents such as hamsters and mice are more active at night, he says, but still pretty quiet. If you give them a wheel to run on, don't put the cage anywhere near your bed.

6 | Look for illness. Animals get diseases like we do. If your pet's behaviour suddenly changes, says Linn, something is wrong. Take it to the vet.

7 | Calm down. "The first thing I teach people is to relax their own minds," says Bode. "One person brought her dog to me and said it was crazy. I say animals reflect their owners." ■

More at ebook-free-download.net or magazinesdownload.com

New and improved **BLUE** cat food is both **cat-preferred** and **mom-preferred.**

Cats prefer the new taste of BLUE™ cat food by 2 to 1.

BLUE cat food is made with real meat first, along with wholesome whole grains, veggies and fruit. Delicious, natural ingredients all cats love. But because felines can get finicky about their food, we went a step further and improved the flavor so much that cats prefer new BLUE Healthy Living by 2 to 1 over our original recipe.

Moms love BLUE for the natural, healthy ingredients.

Moms choose BLUE because they know their furry family members are getting all the nutrition they deserve—along with the added protection of our exclusive LifeSource® Bits, a precise blend of antioxidants, vitamins and minerals.

Delicious taste and healthy ingredients.
Is there any wonder why BLUE is the food of choice of both moms and their felines?

©2010 Blue Buffalo Co., Ltd.

Compare your cat's food to BLUE™ at CompareBlueCat.com

Love them like family. Feed them like family.™

More at ebook-free-download.net or magazinesdownload.com

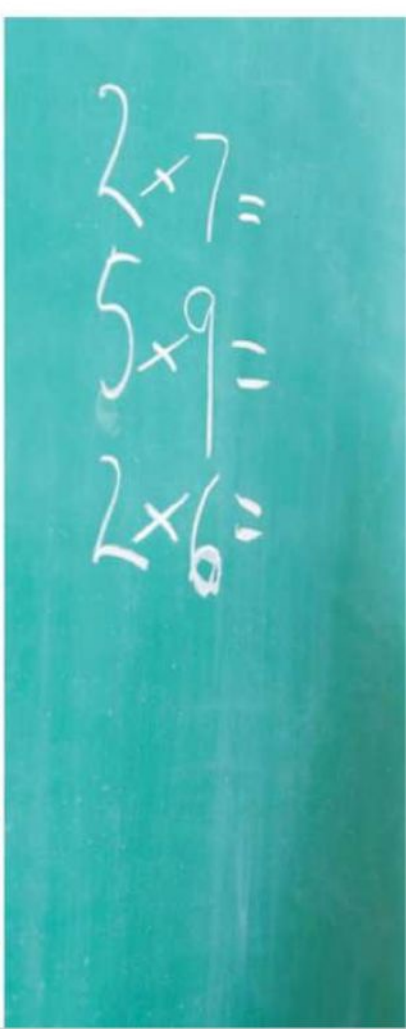
Back to School – Greener than Ever Before

BY E.R. LECLAIR

It's back-to-school time. Your 19-year-old daughter is about to head off to university in another city (how environmentally conscious will she be doing her own shopping and cooking?), your adolescent son is going from elementary to secondary school (does he need different kinds of materials?) and you feel your 11-year-old is ready to take on a few new responsibilities of his own (but will he know how to limit waste when making his own lunch?). *Canadian Living* and Cascades have crafted an easy to follow lesson plan to give your family an eco-friendly start to the new school year, with tips on school lunches, clothes, recreational equipment, books, school supplies, cleaning products, computer usage, care packages from home and more.

LESSON 1: SCHOOL SUPPLIES

- Reuse what you can from last year.
- Eco-friendly binders (made of canvas and recycled cardboard rather than plastic) and recycled paper should be on your list.
- Consider buying online to reduce your carbon footprint.
- By stocking up on refillable pens and pencils, your family will send less packaging to the landfill and help cut back on the number of wooden pencils produced each year.
- Reuse backpacks. If they're looking a little tired from last year, get your kids to decorate them with fun patches and homemade decals.
- Check out green-friendly supplies, such as biodegradable corn pens.
- Avoid multiple car trips during your back-to-school shopping: organize one trip with all your children. And why not invite a neighbour along?



More at ebook-free-download.net or magazinesdownload.com

LESSON 2: THE GREEN-FRIENDLY LUNCH

- Use reusable water bottles instead of plastic ones for lunch drinks and after-school sports or activities.
- Use a lunch box, not disposable plastic bags. If your child uses one disposable plastic bag each day, that could easily amount to 200 plastic bags in the school year. If you purchase one or two sturdy, reusable containers, you will reduce that number to zero.
- Stock up on organic food and locally grown produce.
- Select fruits that come in "natural wrappers," such as bananas.
- If last year's lunch box is still in good condition, instead of buying a new one, encourage your youngster to redecorate it any way she likes.

LESSON 3: TEEN GARB

- Point out great fashion finds at fair-trade and thrift stores; encourage your high schooler to look for clothes made from organic cotton and other natural materials.
- Encourage your teen to donate castoffs to local thrift stores and clothing drives.
- For footwear, check out shoes made from 100 per cent sustainable materials, and sneakers with soles made from recycled tires.
- Suggest – and offer to help – your high schooler host a clothing swap.

LESSON 4: AFTER HIGH SCHOOL

Tape "Mom's Pointers for Green-Friendly Shopping" to the fridge of a teen's new apartment or school dorm on moving-in day.

1 | No plastic shopping bags (reusable bags come in all shapes and sizes).
2 | If possible, buy local and in season.
3 | Buy organic.
4 | Purchase in bulk.
5 | Go vegetarian at least once a week.
6 | Plan ahead and make every shopping trip count to lessen your carbon footprint.
7 | Only buy what's on your list – impulse purchases cost more in terms of money and waste.

- Tech-savvy kids with smartphones can opt for paperless shopping lists.
- When sending care packages from home, look for handy green-friendly products such as Cascades Enviro paper towels and bathroom tissue, which carry the Processed Chlorine Free and EcoLogo certifications.

LESSON 5: LOW-CARBON RIDES

- If you're friendly with neighbours whose kids attend the same school as yours, suggest taking turns driving them to school and extracurricular activities.
- Cycling or walking to school (weather permitting) is great exercise – and doesn't create pollution.
- If you require a second car to chauffeur your kids, consider a fuel-efficient hybrid.
- Drive the speed limit: You'll use less fuel by avoiding quick starts and stops and by making sure you don't exceed the limit.

LESSON 6: TOYS AND SPORTS EQUIPMENT

- Organize a sports equipment swap. Expanding the lifespan of gently used shoulder pads, skates and knee pads saves money and reduces landfill.
- See what's available on the green front in sports equipment stores. For example, some running shoe manufacturers have developed biodegradable midsoles that break down 50 times faster than the average running-shoe sole, thus reducing landfill waste more quickly.
- Consider purchasing Forest Stewardship Council–certified soccer balls made with rubber from pesticide-free, sustainable rubber plantations.
- When shopping for games and toys for a kindergarten-age child to play with and take along to school, look for ones that are free of lead, BPA and phthalates. »

PHOTOGRAPHY: STEPHEN DERR/GETTY IMAGES (FAR LEFT); THINKSTOCK

More at ebook-free-download.net or magazinesdownload.com

LESSON 7: THE GREEN CLASSROOM

- Take the time to teach children the three Rs: reduce, reuse and recycle.
- Inquire at the beginning of the school year about whether there's a green program in place. If not, volunteer to help set one up. Check out the section on Cascades Simple Green Action website devoted to tips for teachers (simplegreen action.ca/school-material/tips-for-teachers/).
- The Simple Green Action website (simplegreenaction.ca) is also a great source for tips, strategies, how-tos, activity sheets, videos and fact sheets that help address environmental issues in the classroom. For instance, one downloadable lesson guides students and teachers as they make recycled paper, while another program, called Vermicomposting: I'm Getting It Done!, includes a downloadable activity sheet that explains composting.

LESSON 8: HOMEWORK AND SCHOOL PROJECTS

- Pass on petroleum-based crayons, and purchase ones made from nontoxic biodegradable soybean oil.
- Natural, nontoxic vegetable dyes are great for kids' arts and crafts. They're safe and easy to wash off hands and clothes, and they produce brilliant colours. The powders can be reconstituted in any handy container, such as a recycled milk carton.
- "I need help with my school project." That's the last thing any mom or dad wants to hear at dinner on Sunday – especially when the project is due Monday. For inspiration, check out various projects on the Simple Green Action website, including Glacier Recession and Fishing for Plastic.
- Turn computers off when they're not in use, and make sure that all of your kids' homework stations are equipped with environmentally friendly LED lighting. ■

CANADIAN LIVING STAFF SHARE THEIR BACK-TO-SCHOOL GREEN TIPS

Here are some of the things I did to green up my daughter, Gia's, first apartment.

- We stocked up on biodegradable garbage bags and green-friendly kitty litter.
- I filled her kitchen and bathroom with a full range of environmentally friendly cleaning supplies and products.
- We supplied her with a few packages of energy-efficient LED lightbulbs. (In fact, when she came home at the end of the school year, I was surprised to find that there were two packages still unopened!)
- I bought Gia a cute shopping cart that was easy enough for her to manoeuvre but stylish enough that she wasn't embarrassed to actually use it. This enabled her to shop without resorting to taxis, transit or calling Mom for a ride. Also, it meant she could stockpile bulk purchases to share with friends.

– Susan Antonacci, editor-in-chief

Here are the top lessons I learned when packing my son and daughter off to university.

- Avoid using disposable cardboard packing boxes, which can't be used a second time. We purchased reusable Rubbermaid containers that came into use year-round at home.
- Pack properly: The better you pack the car, the fewer trips you need to make.
- With a professional cook for a mom, my kids have developed a taste for spicy food. To save on packaging (not to mention money), I bought spices in bulk and divvied them up between my children.
- My kids and their roommates scoured basements and storage rooms for furniture and household appliances before buying the things they couldn't get from friends and relatives. We didn't need to purchase a plate, pot or pan. So what if they didn't match? Re-use is key.

– Adell Shneer, senior food specialist

I never buy brand new toys for my young son. I can get BPA-free toys at discount stores, garage sales and neighbourhood swaps. Each Labour Day weekend, we have a free street sale, and everyone puts all kinds of toys, household goods and used (but usable) sporting equipment out for anyone to take. I also go to clothing and toy swaps. What I can't find at these venues, I look for online on auction websites. And I always clean everything thoroughly.

– Soo Kim, food specialist

We've long been committed to reusable containers in my household for snacks and lunches, and to stainless-steel water bottles for beverages. My two girls, Liv and Sophie, have learned a lot from teachers and camp counsellors who encourage the students to collect all the waste for one week (foil, juice boxes, disposable packaging, etc.). Together, they weigh it at the end of the week. The kids love this and it's a real eye-opener. We're implementing the same practice in our home.

– Kathryn Dorrell, editor, Health

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

Dollars for Sense

Five simple strategies to finance your child's schooling

BY ANNE BOKMA

RESPs are the single best investment you can make in your child's education.

ANNE BOKMA writes frequently on financial issues. The mother of two daughters, ages 13 and 10, she has been faithfully socking away dough in their RESPs since they emerged from the womb.

These days there's an element of sticker shock when you add up the costs of higher learning – a four-year degree for a student living away from home currently costs $77,000. For a child born this year, that will increase to $137,000 by 2027.

How can families possibly come up with that kind of dough when they're already paying mortgages and saving for retirement? You've got five options: save, beg, borrow, steal and sweat, says Tim Cestnick, president of WaterStreet Family Wealth Counsel in Burlington, Ont., and author of *Winning the Education Savings Game: RESPs and Other Strategies for Canadians* (Prentice Hall Canada, 2002).

SAVING

A registered education savings plan (RESP) is the single best investment you can make in your child's education, says Jamie Golombek, managing director of tax and estate planning for CIBC Private Wealth Management in Toronto. The government kicks in a 20 per cent Canada Education Savings Grant on annual contributions of up to $2,500 per child. That's $500 per year, or $7,200 over the life of the plan. Money grows tax-free and is taxed in the hands of the student (who is likely to be in a low tax bracket) when it's withdrawn.

But RESPs have a lifetime maximum of $50,000, says Blair Carter, an investment adviser and financial planner with RBC Dominion Securities in Halifax; to save up to $5,000 more, go with a Tax-Free Savings Account.

BEGGING

Millions of dollars in scholarships are available each year. You can find this free money on websites such as scholarshipscanada.com. Your kid doesn't have to be a brainiac to score one – they're also given for athletic achievement, community service or even living in the right city. Cestnick tells students to check requirements out a few years in advance so they can make sure they qualify when it's time. (For more about scholarships, visit canadianliving.com/september.)

BORROWING

The federal government's Canada Student Loans Program provides money depending on a student's need and her family's financial situation. To see how much your child might be eligible for, see the Student Financial Assistance Estimator at canlearn.ca. You can also get a bank loan on your child's behalf, or your child can get a student line of credit at the bank (payments begin immediately and a cosigner is usually required).

STEALING

Parents can withdraw from their registered retirement savings plan or other investments, or take out a home equity loan. "This should be a last resort," says Cestnick.

SWEATING

Students can also foot part of the bill themselves, either by working during the summer or having a part-time job during the school year. ■

PHOTOGRAPHY, DIGITAL VISION/THINKSTOCK

More at ebook-free-download.net or magazinesdownload.com

Advertisement

Surprisingly Fruity Snacks

Any time your family craves a snack, SPC Healthy Option fruit is the easy and delicious choice. It's tasty, satisfying and good to include as a part of a healthy diet.

ENHANCE ALL YOUR SNACKS!

- Blend **SPC Healthy Option Tropical Fruit Salad** with low-fat yogurt for a tropical fruit smoothie.
- Mix **SPC Healthy Option Pineapple** to your muffin mix.
- Combine **SPC Healthy Option Peach & Pear** with low-fat yogurt or cottage cheese.
- Add **SPC Healthy Option Peach Slices** to muesli and top with yogurt, honey and toasted almonds.
- Add **SPC Healthy Option Pineapple Chunks** with chicken for a tasty BBQ skewer.
- Top vanilla ice cream or pudding with **SPC Healthy Option Mango Slices.**
- Serve **SPC Healthy Option Pear Slices** with chunks of brie cheese and crackers.
- Enjoy your favourite **SPC Healthy Option** fruit all on its own!

People who keep prepared fruit in the fridge eat more fruit. So pick up a pack of SPC Healthy Option Fuss Free Fruit, it's fruit packed in juice*.

*Juice from concentrate.

Nature perfected the fruit.

We perfected the snack.

SPC Healthy Option fruit is picked when perfect and packed in juice* with no preservatives, no artificial sweeteners, colours or flavours. It's the Fuss Free way to enjoy the goodness of fruit. Find peach and other delicious fruits in the packaged fruit aisle.

SPC Healthy Option™

Fuss free fruit.

www.spchealthyoption.ca

'SPC Healthy Option' is a trademark of SPC Ardmona Ltd. SPC Ardmona Ltd is a subsidiary of Coca-Cola Amatil Ltd.
*Juice from concentrate

More at ebook-free-download.net or magazinesdownload.com

THE GODDESS OF CHEQUE PLEASE

Embrace®
FROM VENUS.

Our only **5 bladed** razor surrounded by a ribbon of moisture that shaves your legs closer and leaves your legs smoother.* Let the embracing begin.

©2010 The Gillette Co.

REVEAL THE GODDESS IN YOU.®

*vs Venus Divine

More at ebook-free-download.net or magazine-download.com

Life Matters

let's talk

YOU TOLD US

Last month, we asked: How far in advance do you plan your family's summer vacation?

- As soon as I unpack from last year's. **23%**
- When the days get longer. **33%**
- I don't – it's spur of the moment. **44%**

NOW TELL US

What's September like at your place?

- I'm super organized; it's cool and calm.
- Super stressful and terribly traumatic.
- It's a bit bumpy, but we always get through it.

Cast your vote at canadianliving.com/september. Results will appear in the October issue.

SEPTEMBER 16

Sit down to National Family Dinner Night and, for everyone who registers at nationalfamilydinnernight.com, M&M Meat Shops will donate $1 to the Crohn's and Colitis Foundation of Canada, to a maximum of $100,000.

PHOTOGRAPHY, COURTESY OF LADYBUG FOUNDATION

MAKING CHANGE, ONE DOLLAR AT A TIME

Since she was six years old, Hannah Taylor of Winnipeg has been turning loose change into big change for the city's homeless. It started eight years ago when she took her younger sister's empty baby food jars, decorated them like ladybugs (her favourite bug and a sign of good luck) and left them at local shops and schools to collect donations.

That simple act of kindness soon turned into the Ladybug Foundation, a nonprofit organization that has brought national awareness to our country's homelessness problem.

On top of doing her schoolwork, taking violin lessons and riding her horses, Hannah, now 14, continues her activism. With initiatives such as Big Boss Lunches and National Red Scarf Day (Jan. 31), and customized merchandise such as rubber bands and Make Change T-shirts, Hannah and the foundation have raised more than $2 million to date. But as proud as she is of what she has accomplished, she wishes there was no need. "One of my biggest dreams is that one day there will be no work for the Ladybug Foundation," she says. "That's when every person has a roof over their head, food to eat, and love and care."

To learn more and to find out how you can help, visit ladybugfoundation.ca. – *Wendy Graves*

More at ebook-free-download.net or magazinesdownload.com

test driven

Get Back on Track

MEC FLUX SLING PACK, $34, is great for day-to-day use. Clip the stabilizer strap to your shoulder for a snugger fit for those sprints to catch the bus.

THE VERDICT

"It's easy to run with. It fits easily into a locker and it doesn't slide off my shoulders!"

– Tristan Sousa, age 11, student

OBUSFORME SWURVE 29 DAYPACK, $50, features a secondary compartment with an organizer, MP3-player pocket and water-bottle holder.

THE VERDICT

"It has great back support, which balances the weight of books, and I really like the privacy pockets it has to store all my personal stuff."

– Joshua Cea, age 14, student

JANSPORT WHEELED SUPERBREAK, $80, has in-line skate wheels for controlled motion; tuck-away shoulder straps convert it to a regular backpack.

THE VERDICT

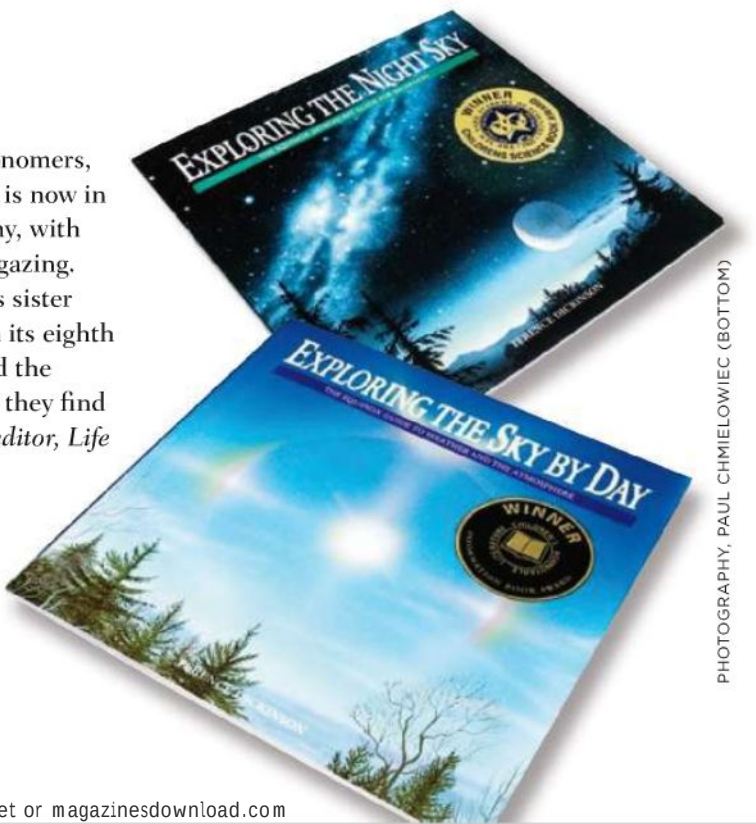
"It has a roomy cargo area and smooth wheels. The zipper opens the bag wide, making it great for oversize books. There's not much lumbar support, but it's perfect for toting in places where wheels won't go."

– Naomi Saito, Brooklin, Ont., reader

For shopping information, see page 197

EDITOR'S PICK

From Terence Dickinson, one of Canada's leading astronomers, come two gems. *Exploring the Night Sky* (Firefly, 2009) is now in its 18th printing. It's a fun beginner's guide to astronomy, with detailed sections dedicated to the solar system and stargazing. And if you're looking for daytime inspiration, pick up its sister publication, *Exploring the Sky by Day* (Firefly, 2009), in its eighth printing, which will make you an expert on weather and the atmosphere. Your kids will think you're a genius – until they find these books tucked under your pillow. *– Donna Paris, editor, Life*



PHOTOGRAPHY, PAUL CHMIELOWIEC (BOTTOM)

More at ebook-free-download.net or magazinesdownload.com

She's always been a free spirit. Why should it be any different in retirement?

Talk to TD Waterhouse. Together we'll help turn your retirement dreams into reality.

While retirement may be years away, you take pride in striving to balance today's financial goals with tomorrow's dreams. So do we. At TD Waterhouse, our retirement planning advice can help you make the most of your financial life, whether it's paying down a mortgage, contributing to RSPs or securing your children's future. And you can feel good knowing that one-on-one advice, backed by a team of investment professionals, is behind you every step of the way, year after year. The result? Call it the right balance between confidence and peace of mind.

The first step to the retirement you want starts with contacting us today.

TD Waterhouse
Wealth of Experience

DISCOUNT BROKERAGE | FINANCIAL PLANNING | PRIVATE CLIENT SERVICES | 1-866-638-5321 | WWW.TDWATERHOUSE.CA

TD Waterhouse Discount Brokerage, TD Waterhouse Financial Planning, and TD Waterhouse Private Investment Advice are divisions of TD Waterhouse Canada Inc., a subsidiary of The Toronto-Dominion Bank. TD Waterhouse Canada Inc. – Member CIPF. TD Waterhouse Private Client Services means The Toronto-Dominion Bank and its related companies that provide deposit, investment, loan, securities, trust and other products and services. TD Waterhouse is a trade-mark of The Toronto-Dominion Bank, used under license.

More at ebook-free-download.net or magazinesdownload.com

Music for Young Children®

Quality music education since 198.

YOU COULD
win!
a DIGITAL PIANO from
Roland

Enter online at:
http://contests.citytv.com/MFYC2010

CityLine™

Weekdays at 9am on Citytv

Contest closes August 29, 2010.
Open to residents of Canada (excluding Quebec) who are over the age of majority in the province or territory in which they reside. Full rules and entry at **http://contests.citytv.com/MFYC2010**.
One entry per person. Odds of winning depend on the number of eligible entries received. Mathematical skill testing question to be correctly answered to win. Prize consists of one (1) **Roland Digital Piano** (Model: HP307) with approximate retail value of $5,500. No purchase necessary.

PICTURE SHOW

Invite family and friends to look at your vacation pictures on the big screen. With the Warpia Wireless USB Display Adapter set, you can display photos and stream your own videos – as well as those from YouTube – from your computer to your TV. The set is compatible with Windows Vista, XP and 7.0, and retails for $130. To order, visit ncix.com. *– Wendy Graves*

Are you a regifter? Have you ever received a gift you're certain wasn't bought just for you? Send your funny, embarrassing or heartwarming regifting story to regifting@canadianliving.com – we'll publish the best ones in a future issue!

VIRTUAL NEST EGG

Thinking about retirement? The Canadian Retirement Income Calculator, an online tool from Service Canada, can help you take stock of what your finances will look like down the road. You'll need to have some paperwork handy, including your CPP Statement of Contributions, employee pension info and recent RRSP statements, as well as any annuities and foreign pension statements. Set aside about 30 minutes and visit servicecanada.gc.ca; search for "retirement calculator." *– W.G.*

More at ebook-free-download.net or magazinesdownload.com

Advertisement

The High Note in Music Learning!

Inspire your children to be creative, inventive, imaginative and expressive through music! Make music a part of your child's life with Music for Young Children®. It's the ideal way for kids to learn to play piano in an effective, supportive and fun way!

The Music for Young Children® Method

For 30 years, Music for Young Children® (MYC®) has been introducing children 3 years of age and older to the world of music through group keyboard lessons that include singing, composing, creative movement and more. It's the fun way to learn to play!

Learning to play is more than just fun!

Music makes a positive difference when it comes to a child's memory, cognitive development, abstract reasoning and critical thinking skills. And students perform better in reading, literacy, math and IQ scores. The rewards of music reveal a child's creative potential, self-esteem and confidence in ways that are fun and imaginative.

MYC® – a child-based approach to learning music

MYC® is a multi-sensory approach to musical learning that meets a child's learning styles and needs. Our classes are small, our programs are age-appropriate and our teachers are energetic, enthusiastic and passionate about music. Parents are important and welcome participants, accompanying their children as part of the program.

DVD in stores Fall 2010

"That's me in the very first MYC T-shirt 30 years ago!

Music for Young Children® was first started by my mother, Frances Balodis, who wrote the entire curriculum – I was one of the first students. Like my mother, I strongly believe in the importance of bringing quality music education to kids and families. It shaped who I am today, not only in my music knowledge, but socially.

MYC taught me how to set goals and learn, both individually and as part of a group. And I'm honoured to maintain my mother's legacy and continue her dream for the next generation."

– Olivia Riddell, President and International Director, Music for Young Children®

Music for Young Children®

Quality music education since 198.

Join Olivia and 24,000 happy musicians in the MYC® family and experience the joy of music!

Discover why **Music for Young Children®** is one of Canada's leading music programs for young children. Call **1-800-561-1692**, email **myc@myc.com** or visit our website:

myc.com

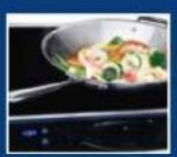
More at ebook-free-download.net or magazinesdownload.com

© 2010 Electrolux Home Products, Inc.

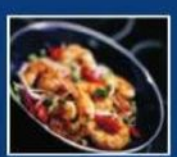
Fast, precise and efficient.

Electrolux Induction Technology – the fastest, most responsive, most efficient way to cook offering the utmost cooking flexibility. That's why it's quickly becoming the favourite of serious cooks everywhere.

Faster Cooking
Boils water in as little as 90 seconds[1].



Exceptional Temperature Control
Adjust heat with greater accuracy than gas or electric ranges, especially at lower temperature settings. Perfect for melting chocolate and cooking delicate foods & sauces.



More Energy Efficiency
Cooking with induction is 70% more efficient than gas and 20% more efficient than electric.

Peace of Mind
The cooktop heats up where it comes in contact with the cookware, nowhere else.

Be Even More Amazing
Drop into our virtual kitchen. Go to
electroluxappliances.ca

Electrolux

[1]10" induction burner with Power Boost 6 qt./10" diameter pot, 1 qt. tepid water.

More at ebook-free-download.net or magazinesdownload.com

CASTOFFS TO Collectibles

Decorator and stylist Lynda Felton makes the most of curbside finds and garage sale treasures.

BY KAREN KIRK

PHOTOGRAPHY BY PAUL CHMIELOWIEC

BEADS & AMBER
This art deco amber depression glass canister, a treasure handed down from Felton's grandmother, sits perfectly atop a dresser, strewn with vintage jewelry. "When the sun hits it, there is a lovely warm glow that spreads across the room," says Felton.

More at ebook-free-download.net or magazinesdownload.com

NATURE INSPIRED
The Toronto-based decorator and stylist started collecting framed insects 14 years ago. "My first was a brightly coloured flying stick insect from Timor, in Southeast Asia," recalls Felton. This stuffed mallard, a gift from a friend, was rescued from a photographer who was about to toss the duck overboard. The perfectly preserved wasp's nest, which sits atop a vintage medical-supply cabinet, came from a taxidermist. For Felton, "it's nature's papier-mâché at its best."

More at ebook-free-download.net or magazinesdownload.com

Sunny autumn afternoons are ideal for whiling away hours at flea markets, antique shows and garage sales. And turning those treasures into stunning displays throughout your home is just as much fun. Lynda Felton, an interior decorator and professional stylist, shares helpful tips to make that happen. "After all," she says, "it's not about the value of collectibles but the soul they add to your decor."

TICKTOCK
Inheriting her grandfather's (still-working) antique alarm clock 15 years ago ignited Felton's passion for collecting vintage alarm clocks. "Not all of them work, but I like their faces and well-loved look."

LACE & LUNCH PAILS
This flea market find, a delicate antique handmade lace tablecloth, dresses the foot of the bed, while a collection of lunch boxes provides discreet storage on floating shelves and above the headboard. "I found the vintage medical cabinet on the curb," says Felton. "I still can't believe someone threw it out!"

More at ebook-free-download.net or magazinesdownload.com

LYNDA'S HELPFUL TIPS

BUYING

- Some of my favourite antique destinations are the Aberfoyle Antique Market, in Guelph, Ont. (aberfoyle-antiques.com) and Flamboro Antique Shows (flamboro.com) in Flamborough, Ont.
- Buying collectibles online is a great way to discover fabulous finds. Etsy (etsy.com) has some great vintage sellers, and I occasionally find a deal on Craigslist (craigslist.org).
- Yard sales are also good places to look, especially in small towns. I've also found some great curbside castoffs, but they disappear quickly. If something catches your interest, grab it right away.
- Value Village and Salvation Army stores replenish their stock daily.

CLEANING

- Fabrics and linens should be carefully soaked in mild soap and warm water and hung to dry. Simply wipe metal items such as lunch boxes with a damp cloth to remove any grime, then dry with a soft cloth. I use wax for polishing wooden furniture and recommend Goddard's Cabinet Makers Wax (available at antique shops) or Butcher's Wax (at hardware stores).

COLOUR & WHIMSY

Felton was smitten by an exhibit of paint-by-number pieces at the Smithsonian Museum of American History in Washington, D.C., and then even more delighted when she learned they were inspired by Leonardo da Vinci, who left numbered sections of paintings for assistants to fill in. "I find them at garage sales and flea markets for practically nothing. The most I've spent on one is $35," says Felton, whose collection includes a rare painting of two pink flamingos that is worth about $200.

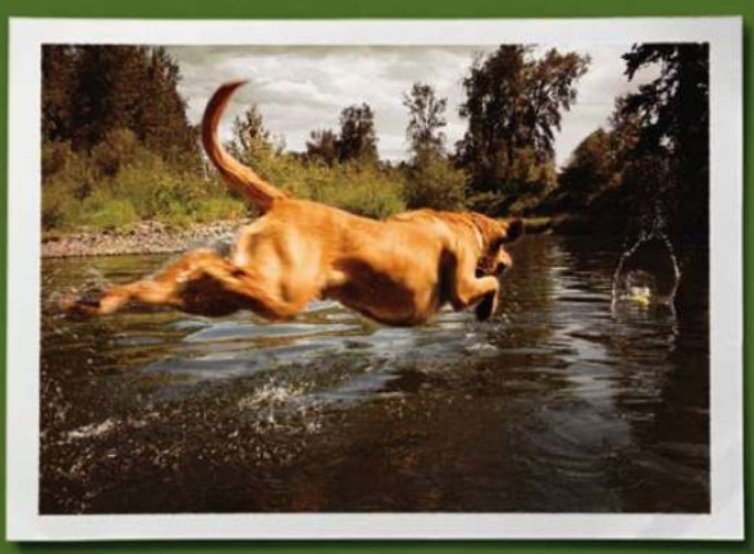
More at ebook-free-download.net or magazinesdownload.com

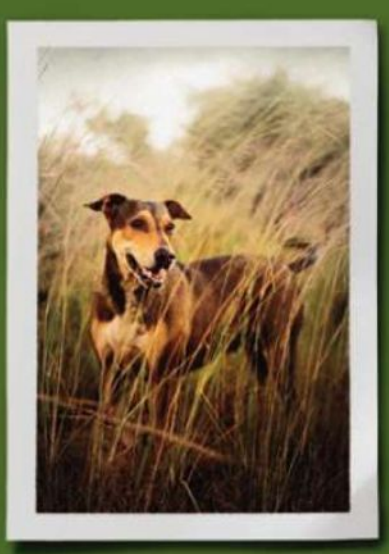
TM Trademark. © Mars Canada inc., 2010. All rights reserved.

fetch

your dog-loving friends. They're going to want to hear this. We've created a dog food with ingredients that help protect and defend your dog's health. New Natural Defense™ premium food for dogs harnesses the power of nature. It contains natural extracts chosen for their scientifically proven benefits. With the help of marigold, myrtle, green-lipped mussels and chicory, along with vitamins, minerals and other trace nutrients, it's a proactive approach to your dog's health. For a healthy, happy dog today and years from today – now isn't that fetching? **Ask more from your dog food.**

naturaldefense.ca





More at ebook-free-download.net or magazinesdownload.com

LYNDA FELTON is an interior decorator and professional stylist in Toronto. Check out her website at covetgarden.com for an intimate look into the homes and lives of Canadians known for their inspirational style.

ARRANGING KNOW-HOW

- Group similar objects together to create more visual impact. When items are scattered, they tend to look junky. Arrange items around a theme or colour. If you have objects with a personal story or history, group them together accordingly.
- Use books and blocks of wood to play with different levels, which is often key to creating an interesting composition.

WORDS & LETTERS

A friend's collection of the letter A inspired Felton to hunt for old wooden letterpress letters to create a Bathroom sign in the powder room. Her initials, L and F, in wood and tin, make for a catchy wall arrangement. "You might have to do a little digging, but you can pick up letters like these for as little as $3 each," says Felton.

Visit canadianliving.com/september to show us how you display your flea market finds.

For shopping information, see page 197

More at ebook-free-download.net or magazinesdownload.com

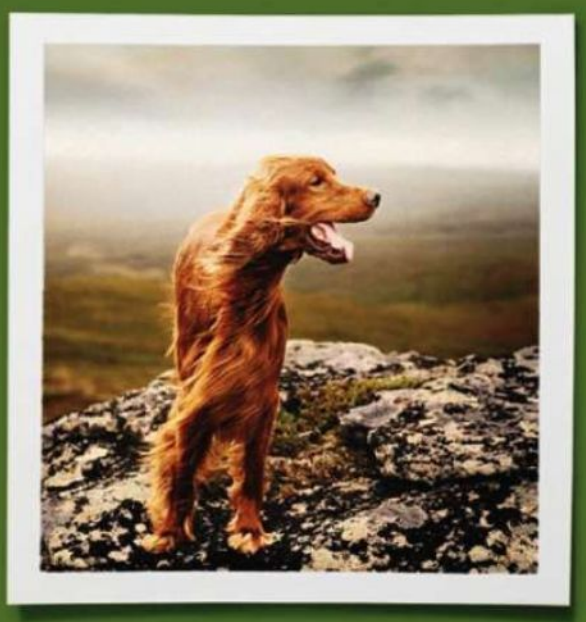
TM Trademark. © Mars Canada inc., 2010. All rights reserved.

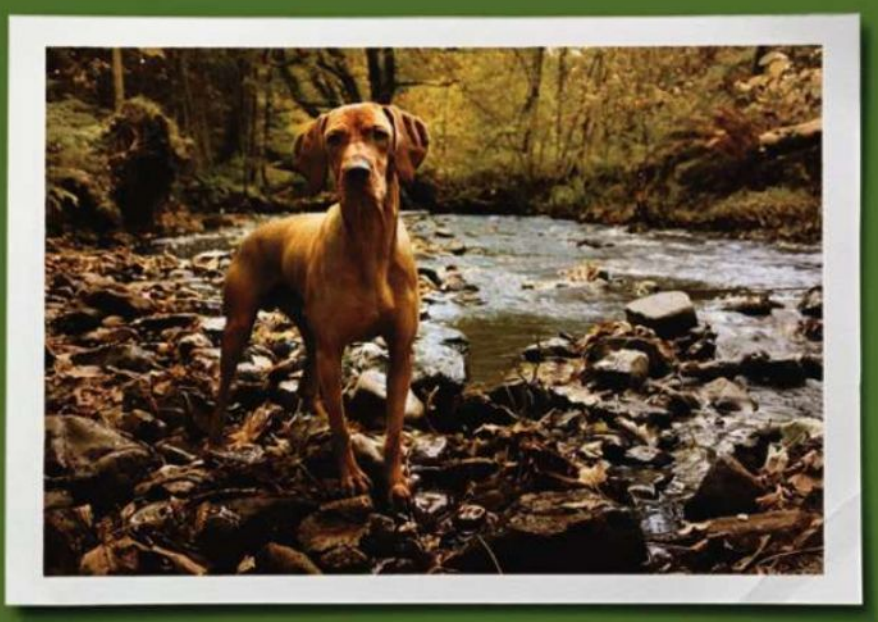
stay

right there. Don't turn the page. There's something you should know about your dog's nutrition. It's called Natural Defense™ premium food for dogs. With ingredients from nature chosen for their scientifically proven benefits, it's a great way to protect and defend your dog's health. Made with natural extracts like marigold, myrtle, green-lipped mussels and chicory – along with vitamins, minerals and other trace nutrients – it uses the power of nature to create a more proactive approach to your dog's nutrition. So healthy and happy is where you'll both stay.

Ask more from your dog food.

naturaldefense.ca





More at ebook-free-download.net or magazinesdownload.com

Serious skin care they won't shy away from

Clinically proven. Dermatologist recommended.

Eczema Society of Canada
La société canadienne d'eczéma
Accepted · Accepté
www.eczemahelp.ca

Cetaphil® RESTORADERM™ soothes, restores and protects dry, itchy skin

Introducing advanced technology that helps restore the skin's natural moisture barrier and protect it against dryness. Our soap-free foaming wash contains skin-nourishing oils that gently cleanse and rinse without irritation. And our light, creamy lotion absorbs quickly, hydrates intensely, and replenishes skin's natural oils to improve the skin's ability to retain moisture. Together, these two products can help provide long-lasting relief against dryness and maintain healthy looking skin.

Because eczema-prone skin needs extra TLC, trust new Cetaphil® RESTORADERM™.

*The Eczema Society of Canada does not endorse any product. These products have met the Eczema Society of Canada's criteria as acceptable products to be used as part of an eczema treatment regimen. For more information go to www.eczemahelp.ca.

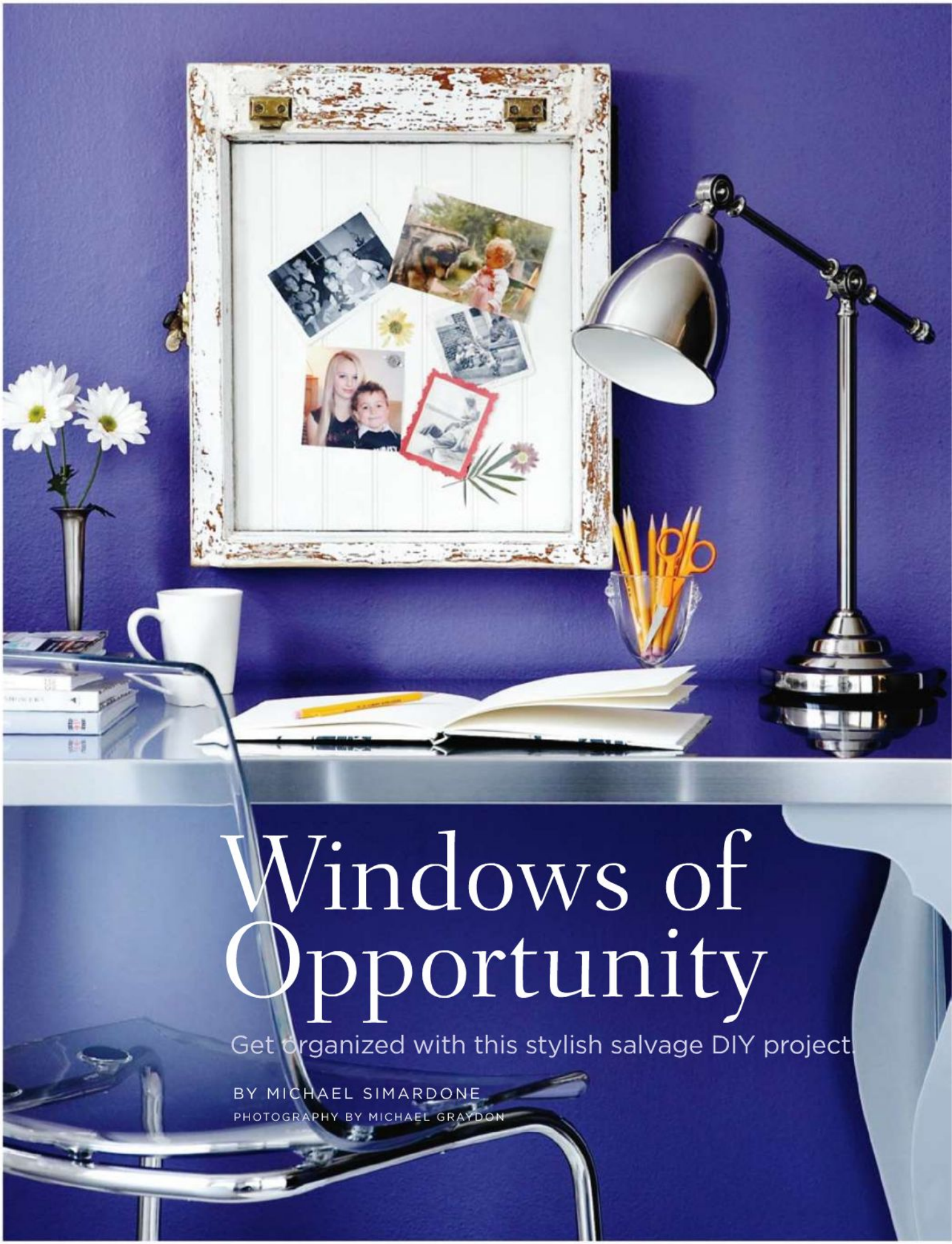
GALDERMA
Committed to the future of dermatology

© 2010 Galderma Canada Inc.

www.cetaphil.ca

New Cetaphil® RESTORADERM™

More at ebook-free-download.net or magazinesdownload.com



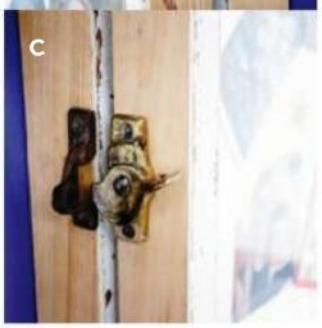
Windows of Opportunity

Get organized with this stylish salvage DIY project.

BY MICHAEL SIMARDONE

PHOTOGRAPHY BY MICHAEL GRAYDON

More at ebook-free-download.net or magazinesdownload.com



For shopping information, see page 197

This creative take on the classic bulletin board delivers both fun and function. Michael Simardone of Simardone Design in Toronto handily transformed two vintage windows into a dual-purpose message centre. Closing the windows enables you to display photos and souvenirs on the back of one frame. Open the windows to reveal a chalkboard and corkboard for notes, messages and daily reminders.

YOU NEED:

One pair of **windows** (we used a pair of 61 cm/2-foot-square windows)
Two pieces of ¼**-inch plywood** for chalkboard and corkboard inserts (we used pieces of scrap bead board panelling)
Cork (we used adhesive-backed 3 mm/⅛-inch-thick cork, available in rolls at office supply and craft stores)
One pair of **hinges** (salvage from windows if possible)
Window latch or hook and eye
Drill
Circular saw or jigsaw
Orbital sander or 120-grit sandpaper
Chalkboard paint in desired colour (available at craft and hardware stores)
Measuring tape
Framing square
Screwdriver
Hammer
Mirror clips and two **picture hangers**
1-inch screws, plugs and **nails**

TO MAKE:

1 | Lay windows on a flat work surface. Carefully remove pane of glass from one window; set aside.
2 | If windows are not square, use framing square to measure and mark square lines on window frames; trim using a circular saw or jigsaw.
3 | Smooth rough edges with sandpaper.
4 | Place window with glass facedown on work surface. (This window will be the front of the message board when closed and mounted on the wall as shown.) Measure inside opening of window frame; cut plywood panel to fit. Paint one side of plywood panel with chalkboard paint and other side (front) in desired colour.
5 | Secure plywood panel in place with mirror clips [A]. This will allow for easy removal of panel to change photos behind glass.
6 | Measure inside opening of window frame without glass; cut plywood panel to fit. Nail panel to frame. Cut a piece of cork to cover plywood panel; adhere to surface.
7 | Paint frame, if desired.
8 | To assemble, fasten hinges [B] and latch windows [C] with cork and chalkboard panels facing each other.
9 | Fasten two picture hangers on back of window with cork panel insert. To mount on wall, use appropriate screws and plugs to support weight of message centre. ■

More at ebook-free-download.net or magazinesdownload.com

I FINALLY FOUND my laxative

When I get constipated, I want relief without gas, bloating or cramping. This laxative does what my body needs.

New RestoraLAX™ works with your body to relieve occasional irregularity by gently bringing water into the bowel. RestoraLAX™ is the #1 doctor recommended laxative in the U.S., and now it's available in Canada. Fast relief of your irregularity you can count on.*

RESTORE YOUR BODY'S NATURAL RHYTHM™

www.restoralax.ca

To be sure RestoraLAX™ is right for you, read and follow the label.
* RestoraLAX™ is known as MiraLAX® in the U.S.

© 2010, Schering-Plough Canada Inc., all rights reserved. ™ Schering-Plough HealthCare Products Inc., used under license by Schering-Plough Canada Inc.
® MiraLAX is a registered trademark in the United States of Schering-Plough HealthCare Products Inc. *Schering-Plough Canada Inc., now part of Merck.*

More at ebook-free-download.net or magazinesdownload.com

Ready to Pick

Know when the time is ripe to harvest your veggies

BY FRANKIE FLOWERS

The goal of growing your own vegetables is to enjoy the harvest at its best – best in terms of size, shape and flavour. I grew up in the Holland Marsh area of Ontario (the heart of Canada's veggie industry). Here are a few of the harvesting hints that I learned along the way.

BEANS (SNAP): Harvest when the pods are uniformly green and just before you can see the seeds bulging. A good indication they are ready is when the pods easily snap in two.

BROCCOLI: Harvest it when it's in bud – not in bloom. Cut it when its flower buds are still in tight clusters; once the buds open, your window for fantastic flavour has closed.

CARROTS: Harvest time depends on what size you like your carrots. Tiny bunch carrots can be harvested at 7.5 to 10 centimetres in length. A true carrot is best at 2.5 centimetres in diameter. Anything beyond 4 centimetres in diameter will be edible, but will have a tough, almost woody, texture.

CORN: Harvest when the silks have just turned brown. The kernels should exude a milky substance when pricked; if it's watery, it's too early, and if it's pasty, it's almost too late.

CUCUMBERS: Size and colour are most important, and green is your goal. For making sweet pickles, pick them when they're 7.5 centimetres long; for dill pickles, 15 centimetres; and for slicing, 20 centimetres. Pick often to encourage continuous yields.

GARLIC: Harvest in late summer or early fall when the top one-third of the stem has died back.

LETTUCE: Harvest head lettuce when it's firm. Leaf, romaine and Boston are best picked as soon as a soft head forms and is an adequate enough size to eat.

ONIONS: Green onions should be harvested when their stems are as thick as a pen. Other varieties are ready for picking in late summer, when their tops start to bend over and yellow.

POTATOES: Harvest when flowers form on new potatoes, or watch for the top growth to start dying back.

TOMATOES: The best place for ripening tomatoes is on the vine. Watch for a full uniform red colour, which usually comes five days after the first hints of pink show.

ZUCCHINI: In this case, bigger is not better, and most vegetable gardeners allow zucchini to mature too long. Harvest them when the fruit is 15 to 25 centimetres long. ■

FRANKIE FLOWERS
a.k.a. Frank Ferragine of Toronto's "Breakfast Television" and "CityNews" on Citytv

PHOTOGRAPHY, CJP/ISTOCKPHOTO

FRANKIE'S 5 RULES OF COMPOSTING

1. Full sun works best. The hotter your compost pile gets, the faster it will work.
2. Composting requires balance. You need a balance of nitrogen or green matter, such as grass clippings, and carbon or brown and dry matter, such as dried leaves and newspapers.
3. The bigger the better. A compost pile should be at least one cubic metre.
4. Bad smells are a sign something is wrong. Layer your compost with green matter, brown matter and soil or manure to activate the process and minimize the smell.
5. Water occasionally. A dry pile will remain inactive.

Overwhelmed by tomatoes and zucchini? Canadian living.com/september has harvest recipes for all of your garden produce.

More at ebook-free-download.net or magazinesdownload.com

I FINALLY FOUND a laxative that is right for me

I don't have time for constipation, and I certainly don't have time for relief that gives me gas, cramps or bloating.

New RestoraLAX™ relieves occasional irregularity by gently bringing water into the bowel. RestoraLAX™ is the #1 doctor recommended laxative in the U.S., and now it's available in Canada. Fast relief of your irregularity you can count on.*

RESTORE YOUR BODY'S NATURAL RHYTHM™

www.restoralax.ca

To be sure RestoraLAX™ is right for you, read and follow the label.

* RestoraLAX™ is known as MiraLAX® in the U.S.

© 2010, Schering-Plough Canada Inc., all rights reserved. ™ Schering-Plough HealthCare Products Inc., used under license by Schering-Plough Canada Inc.
® MiraLAX is a registered trademark in the United States of Schering-Plough HealthCare Products Inc. *Schering-Plough Canada Inc., now part of Merck.*

More at ebook-free-download.net or magazinesdownload.com

Get Door-ganized

Corral morning chaos with this simple craft.

BY AUSTEN GILLILAND

PHOTOGRAPHY BY EDWARD POND

School days are here again, and with them the inevitable clutter of a student's busy life: lunch money, permission slips, bus passes. Keeping all those bits and pieces organized and accessible is the key to an easy early-morning exit (for more tips on making mornings manageable, visit canadianliving.com/september). This handy doorknob organizer, made with household items in under 30 minutes, can help you conquer the mess – and make the bus on time.

YOU NEED:

11.5 x 60 cm (4½- x 24-inch) **strip bristol board**

Duct tape in desired colours

Scissors or craft knife

Pencil, ruler and **compass**

TO MAKE:

1 | From bristol board, cut one 11.5 x 30 cm (4½- x 12-inch) strip for base. Using pencil and ruler and working on right side of board, mark line 1 cm (½ inch) in from edge on top and sides. With compass, mark 6.5 cm (2½-inch) diameter circle, centred near top of rectangle. Carefully cut out and discard circle.

2 | Measure 7.5 cm (3 inches) from top of remaining piece of bristol board and mark on left side; measure and mark 10 cm (4 inches) on right side. Join marks with diagonal line; cut out to form two pocket pieces. Mark 1 cm (½ inch) in from edge on top and sides on both pockets, and from bottom of smaller pocket as well.

3 | Aligning edge of tape with pencil line, tape top edges of pocket pieces. Trim tape even with edges.

4 | In same manner, apply tape to top edge of base; trim.

5 | Aligning edge of tape with pencil line, apply tape to bottom edge of small pocket piece. Stack large pocket piece and base under small pocket piece, aligning edges; tape securely. Trim tape even with edges.

6 | In same manner, apply tape to long sides, securing pocket pieces to base and trimming tape ends. ■

DESIGNER'S NOTES

- If desired, decorate with stickers or drawings.
- Add additional pockets if you have greater organizing needs.

More at ebook-free-download.net or magazinesdownload.com

I FINALLY FOUND my laxative

When I get constipated, I want relief without gas, bloating or cramping. RestoraLAX™ does what my body needs.

New RestoraLAX™ works with your body to relieve occasional irregularity by gently bringing water into the bowel. RestoraLAX™ is the #1 doctor recommended laxative in the U.S., and now it's available in Canada. Fast relief of your irregularity you can count on.*

RESTORE YOUR BODY'S NATURAL RHYTHM™

www.restoralax.ca

To be sure RestoraLAX™ is right for you, read and follow the label.

* RestoraLAX™ is known as MiraLAX® in the U.S.

© 2010, Schering-Plough Canada Inc., all rights reserved. ™ Schering-Plough HealthCare Products Inc., used under license by Schering-Plough Canada Inc.
® MiraLAX is a registered trademark in the United States of Schering-Plough HealthCare Products Inc. *Schering-Plough Canada Inc., now part of Merck.*

More at ebook-free-download.net or magazinesdownload.com

TRUSTED EVERYWHERE

Feed the dogs. Pack the lunches. Grab the keys. Phone... Phones? Where is my phone? Who took my charger? Oh... Here it is. Wait. Your little sister left it by the door. This isn't my phone. "Bobby? Where's the phone?! Oh... Where's her charger?" We really have to go "Eat your cereal. Let's go." Wait, where's my phone?

Finally, drop-and-go charging that simplifies your everyday.

NEW Wire-Free Charging

- Charge up to 4 devices at once
- Drop-and-go compatibility for 45+ phones
- Eliminate cord clutter
- Give your devices a home base

Find out more at
duracell.ca/mygrid

DURACELL® myGrid™

Charging Made Simple™

The trademarks BlackBerry® Curve™ and BlackBerry Pearl™ are owned by Research In Motion Limited and are registered in the United States and may be pending or registered in other countries. Duracell® is not endorsed, sponsored, affiliated with, or otherwise authorized by Research In Motion Limited. ©2009 Nokia. All rights reserved. Nokia is a registered trademark of Nokia Corporation. MOTOROLA and the Stylized M Logo are registered in the U.S. Patent and Trademark Office. All other product or service names are the property of their respective owners. ©2009 P&G

More at ebook-free-download.net or magazinesdownload.com

Home Matters

FIND AND DESIGN

For a fast and fabulous serving tray, we took a page out of designer Emily Anderson's book, *Eco-Chic Home*, and we didn't spend a cent. We simply used cast-off cups and assorted plates from the back of the cupboard.

YOU NEED:

- Three plates in graduated sizes (such as dinner, salad and side plate).
- Two teacups (water or wine glasses work, too).
- Glue gun (optional).

TO MAKE:

- Simply stack the three plates, biggest on bottom, smallest on top.
- Use inverted teacups (or glasses of choice) to separate the tiers.
- If desired, glue pieces in place.
- The result: You've got an eye-catching serving tray in minutes.

Anderson packs over 60 inspiring hands-on, low-cost design projects into *Eco-Chic Home* (Mountaineers Books, 2010, photography by Seth and Kendra Smoot). For a chance to win one of four copies, visit canadianliving.com/september.

PHOTOGRAPHY, SETH AND KENDRA SMOOT

More at ebook-free-download.net or magazinesdownload.com

test driven

Cordless Drills

RYOBI 12V ONE+ VARIABLE SPEED DRILL, $60, is small (just 1.8 lbs) and designed for working in tight spaces. The drill comes with a tool bag that also holds the charger and two lithium-ion batteries, and is protected by a two-year warranty.

THE VERDICT

"The drill is well-balanced and features a comfortable pistol grip. Drilling holes in soft wood was no challenge, but dry, aged hardwood required pilot holes to be drilled first...and patience."

– Hugh Gilliland, Thorold, Ont., reader

CRAFTSMAN C3 19.2V LITHIUM ION COMPACT CORDLESS DRILL/DRIVER, $200, packs 340 inches per pound of torque, and comes with a handy carrying bag (and even handier three-year warranty). The charger can also handle nicad batteries, and charges completely in just 30 minutes.

THE VERDICT

"I liked the little touches – the built-in flashlight and level, and the push-button ability to check the battery charge – as well as the solid power of this drill."

– James Doyle, assistant editor

RIGID 18V LITHIUM COMPACT DRILL/DRIVER, $229, features a two-speed transmission and 24-position torque ring to adjust to specific jobs. Includes two high-capacity lithium-ion batteries that charge in just 30 minutes.

THE VERDICT

"This drill is compact, solid and has lots of power. I love how quickly the battery charges. The only downside is that my husband, Stephen, keeps stealing it."

– Carol Sulis, Calgary, reader

For shopping information, see page 197

DON'T THROW IT OUT

Q: I would love to know more about this 25 centimetre vase, which has been in our family for generations. I hope you can help.

– Jane Carnegie, Lynedoch, Ont.

A: The imposing baluster shape and brilliant yellow-and-pink tones lend a somewhat powerful aura to this circa-1900 vase. The standout shape and colours almost prevent the admirer from appreciating the elaborate art nouveau iris motif and undulating leaf pattern. During the first half of the 20th century, vases like this, as well as a wide variety of dinner and tableware, were produced as blanks (glazed but undecorated) for the hugely popular women's hobby of china painting. Numerous books and magazines of that era included instructions on how to decorate these wares to express the creator's artistic nature – as well as enhance the beauty of her home. This example is probably worth $75 to $100. To learn more about china painting, visit the Porcelain Artists of Canada Inc. website at members.shaw.ca/porcelainart.

– Conrad Biernacki, programs manager, Royal Ontario Museum, Toronto

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

The great taste of fruits meets the goodness of vegetables

We've put vegetables in each of our three new 100% fruit juice blends with no added sugar. But you'd never know it. All you'll taste is crisp, delicious fruit. And if you think that sounds good, imagine how much your kids will love them. New Oasis® Fruits etc.™ Add some colour to your day!

www.lassonde.com

PROUDLY CANADIAN

1 = 2

250mL 2 servings of fruits & vegetables

Lassonde Be pure OASIS

More at ebook-free-download.net or magazinesdownload.com

Quick Breads

Loaves, cakes and muffins that deliver what they promise: fast results

BY SOO KIM & THE TEST KITCHEN

tested till perfect

Cranberry Seed Muffins

PHOTOGRAPHY, JIM NORTON. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, LAURA BRANSON

More at ebook-free-download.net or magazinesdownload.com

Quick breads are just that – quick! Whether a loaf, muffins or biscuits, quick breads don't require kneading or rising time. Just baking soda or baking powder is enough to get a rise in no time at all – with scrumptious results that are perfect for lazy weekends or lunch-box treats.

Lemon Yogurt Loaf

More at ebook-free-download.net or magazinesdownload.com

Lemon Yogurt Loaf

Prep: 10 minutes
Cook: 40 minutes
Makes: 1 loaf, about 12 slices

1½ cups (375 mL) **all-purpose flour**
1¾ tsp (9 mL) **baking powder**
½ tsp (2 mL) **baking soda**
¼ tsp (1 mL) **salt**
¾ cup (175 mL) **granulated sugar**
1¾ tsp (9 mL) finely grated **lemon rind**
⅔ cup (150 mL) **Balkan-style plain yogurt**
3 **eggs**
⅓ cup (75 mL) **vegetable oil**

SYRUP:
¾ cup (175 mL) **icing sugar**
⅓ cup (75 mL) **lemon juice**

In bowl, whisk together flour, baking powder, baking soda and salt.

In large bowl and using fingers, rub sugar with lemon rind. Whisk in yogurt and eggs; whisk in oil. Stir in flour mixture in 2 additions. Scrape into parchment paper–lined 8- x 4-inch (1.5 L) loaf pan.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, 40 to 45 minutes. Let cool in pan on rack for 5 minutes. Remove from pan; place on small tray.

SYRUP: In small bowl, whisk icing sugar with lemon juice until dissolved. Brush over top and sides of loaf, moving loaf around to absorb excess liquid. Let cool on rack.

PER SLICE: about 223 cal, 4 g pro, 8 g total fat (1 g sat. fat), 34 g carb, 1 g fibre, 49 mg chol, 168 mg sodium, 71 mg potassium. % RDI: 5% calcium, 6% iron, 2% vit A, 5% vit C, 18% folate.

BAKE-SALE VERSION

Mini Lemon Yogurt Loaves

Bake in two 5¾- x 3¼-inch (625 mL) loaf pans for about 35 minutes.

Sour Cream Chocolate Crumb Cake

Prep: 10 minutes
Cook: 35 minutes
Makes: 12 servings

½ cup (125 mL) **unsalted butter,** softened
½ cup (125 mL) **granulated sugar**
1 **egg**
1 **egg yolk**
1⅓ cups (325 mL) **all-purpose flour**
½ tsp (2 mL) **baking soda**
¼ tsp (1 mL) **salt**
½ cup (125 mL) **sour cream**
3 oz (90 g) **bittersweet chocolate,** melted

TOPPING:
½ cup (125 mL) packed **brown sugar**
¼ cup (60 mL) **granulated sugar**
¼ tsp (1 mL) **cinnamon**
Pinch **salt**
½ cup (125 mL) **unsalted butter,** melted and warm
1⅓ cups (325 mL) **all-purpose flour**
⅓ cup (75 mL) **ground almonds**

TOPPING: In bowl, stir together brown and granulated sugars, cinnamon and salt; stir in butter. Stir in all-purpose flour and ground almonds, using hands to press mixture together. Let cool.

In large bowl, beat butter with sugar until combined. Beat in egg and egg yolk.

In separate bowl, whisk together flour, baking soda and salt. Stir into butter mixture alternately with sour cream, making 3 additions of flour mixture and 2 of sour cream. Stir in chocolate.

Spread in parchment paper–lined 8-inch (2 L) square metal cake pan. Crumble topping evenly over batter. Bake in 350°F (180°C) oven until tester inserted in centre comes out clean, 35 to 40 minutes. Let cool on rack.

PER SERVING: about 387 cal, 5 g pro, 21 g total fat (12 g sat. fat), 46 g carb, 2 g fibre, 77 mg chol, 116 mg sodium, 105 mg potassium. % RDI: 4% calcium, 14% iron, 16% vit A, 29% folate.

SWITCH IT UP

Sour Cream Chocolate Chunk Crumb Cake

Substitute ⅓ cup (75 mL) chopped bittersweet chocolate for the melted chocolate. »

Sour Cream Chocolate Crumb Cake

More at ebook-free-download.net or magazinesdownload.com

You never stopped *loving* chocolate mixed with chocolate dipped in *chocolate*. So why stop having it?

New **Triple Chocolate Chip. Heaven at 120 calories.**

Breyers® *Smooth & Dreamy*™ Cream Press System delivers indulgent taste and creaminess at ½ the fat of regular ice cream.

Pure JOY

© 2010 Unilever Ice Cream breyers.ca

More at ebook-free-download.net or magazinesdownload.com

Cover Recipe

Cranberry Seed Muffins

Prep: 10 minutes
Cook: 25 minutes
Makes: 12 muffins

- 1¾ cups (425 mL) **all-purpose flour**
- ¾ cup (175 mL) **whole wheat flour**
- ½ cup (125 mL) **oat** or wheat **bran**
- 1½ tsp (7 mL) **baking powder**
- ½ tsp (2 mL) each **baking soda** and **salt**
- ⅓ cup (75 mL) unsalted **sunflower seeds**
- ⅓ cup (75 mL) hulled **pumpkin seeds**
- ¾ cup (175 mL) **granulated sugar**
- ¼ cup (60 mL) packed **brown sugar**
- 2 tsp (10 mL) finely grated **orange rind**
- 2 **eggs**
- 1⅓ cups (325 mL) **buttermilk**
- ½ cup (125 mL) **unsalted butter,** melted and cooled
- 2 cups (500 mL) thawed **cranberries**

TOPPING:

- 3 tbsp (45 mL) each **oat bran, sunflower seeds** and **pumpkin seeds**

In large bowl, whisk together all-purpose and whole wheat flours, oat bran, baking powder, baking soda and salt; whisk in sunflower and pumpkin seeds.

In separate bowl, whisk granulated sugar, brown sugar and orange rind; whisk in eggs and buttermilk. Whisk in butter until combined; stir in flour mixture in 2 additions just until combined. Stir in cranberries. Spoon into 12 greased muffin cups.

MORE ONLINE
Don't monkey around looking for the perfect banana bread. We've rounded up all of our favourites at canadianliving.com/september.

All the smooth taste,
All the creamy goodness.

All at ½ the fat
of regular ice cream,
thanks to our unique
Cream Press System.

Trade-mark owned or used under license by Unilever Canada, Toronto, Ontario M4W 3R2.

More at ebook-free-download.net or magazinesdownload.com

Free of dyes & perfumes.
Outstanding cleaning and softening.

© 2010 P&G

TOPPING: Sprinkle with oat bran, sunflower seeds and pumpkin seeds. Bake in 375°F (190°C) oven until cake tester inserted in centre comes out clean, about 25 minutes. Let cool in pan on rack.

PER MUFFIN: about 342 cal, 9 g pro, 16 g total fat (6 g sat. fat), 46 g carb, 4 g fibre, 53 mg chol, 225 mg sodium, 265 mg potassium. % RDI: 8% calcium, 21% iron, 9% vit A, 3% vit C, 30% folate.

Cornmeal and Whole Wheat Quick Bread

Prep: 10 minutes
Cook: 50 minutes
Makes: 1 loaf, about 12 slices

1¼ cups (300 mL) **all-purpose flour**
½ cup (125 mL) **whole wheat flour**
½ cup (125 mL) **cornmeal**
⅓ cup (75 mL) **wheat bran**
¼ cup (60 mL) packed **brown sugar**
1½ tsp (7 mL) **baking soda**
½ tsp (2 mL) **salt**
⅔ cup (150 mL) **buttermilk**
⅔ cup (150 mL) **butter,** melted
3 tbsp (45 mL) **liquid honey**
2 **eggs**

In bowl, stir together all-purpose flour, whole wheat flour, all but 2 tbsp (30 mL) of the cornmeal, the wheat bran, brown sugar, baking soda and salt.

In large bowl, stir together buttermilk, butter, honey and eggs; stir in flour mixture. Scrape into parchment paper–lined 8- x 4-inch (1.5 L) loaf pan; sprinkle with remaining cornmeal.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 50 minutes. Let cool in pan on rack for 10 minutes. Remove from pan; let cool on rack.

PER SLICE: about 232 cal, 5 g pro, 12 g total fat (7 g sat. fat), 29 g carb, 2 g fibre, 59 mg chol, 350 mg sodium, 119 mg potassium. % RDI: 3% calcium, 9% iron, 10% vit A, 20% folate.

Carrot Gingerbread Muffins

Prep: 10 minutes
Cook: 25 minutes
Makes: 12 muffins

½ cup (125 mL) **golden raisins**
2¼ cups (550 mL) **all-purpose flour**
2½ tsp (12 mL) **ground ginger**
2 tsp (10 mL) **cinnamon**
2 tsp (10 mL) **baking powder**
1 tsp (5 mL) **baking soda**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **ground nutmeg**
Pinch **ground cloves**
½ cup (125 mL) **unsalted butter,** softened
½ cup (125 mL) packed **brown sugar**
¼ cup (60 mL) **granulated sugar**
¼ cup (60 mL) fancy **molasses**
1 tsp (5 mL) **vanilla**
2 **eggs**
¾ cup (175 mL) **1% plain yogurt**
2 cups (500 mL) shredded **carrots**

In small bowl, sprinkle 2 tsp (10 mL) water over raisins. Cover and microwave on high for 20 seconds; stir and set aside to let cool.

In bowl, whisk together flour, ginger, cinnamon, baking powder, baking soda, salt, nutmeg and cloves.

In large bowl, beat butter with brown and granulated sugars until light, about 1 minute. Beat in molasses and vanilla; beat in eggs, 1 at a time. Stir in flour mixture; stir in yogurt until combined. Fold in carrots and raisins just until combined. Spoon into paper-lined or greased muffin cups.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 25 minutes. Transfer to rack; let cool.

PER MUFFIN: about 274 cal, 5 g pro, 9 g total fat (5 g sat. fat), 45 g carb, 2 g fibre, 52 mg chol, 290 mg sodium, 302 mg potassium. % RDI: 9% calcium, 15% iron, 37% vit A, 2% vit C, 25% folate.■

More at ebook-free-download.net or magazinesdownload.com

Advertisement

Tough & Gentle:
Balancing Your Laundry Loads

Free of perfumes and dyes, Tide Free & Gentle Liquid Laundry Detergent has been specially developed to give your fabrics a great clean that's gentle on sensitive skin. Perfect for every family load!

OUTSTANDING CLEAN FOR CLOTHING & LINENS

You want to keep your clothes and linens clean, fresh and looking great, wash after wash. You also want them to feel soft to the touch, and gentle on the skin. That's what you'll love about Tide Free & Gentle. It's perfect for all your clothes and linens, even delicates! It's the right choice for sensitive skin.

GENTLE NEXT TO YOUR SKIN

Anything next to sensitive skin should be non-irritating. Ensure that all your clothing and linens are made from soft, natural fibres, and wash with Tide Free & Gentle. It's specially formulated to be strong enough to get clothes clean, yet mild on the skin. And it's dermatologist-tested.

GENTLE ON KIDS' CLOTHES

Grass stains, food, dirt, blood and more – kids get it all on their clothes! Tide Free & Gentle is powerful enough to clean even tough kids' stains, but gentle on sensitive skin.

SCRATCH & SNIFF HERE ;-)

That's right: there is no fragrance! That's because Tide Free & Gentle is perfume-free and dye-free – it's specially designed for sensitive skin.

Tide Free & Gentle Liquid Laundry Detergent

Free from dye and perfumes, it's specially designed to give your fabrics a great clean that's gentle on sensitive skin.

ALSO AVAILABLE: Downy Free and Bounce Free

tide.ca

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

tested till perfect

Quick & Easy

Weeknight dinner solutions

BY THE TEST KITCHEN

PHOTOGRAPHY BY JIM NORTON | FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY LAURA BRANSON

Mussels Steamed with Fennel, Lovage and Cherry Tomatoes

Prep: 9 minutes
Cook: 16 minutes
Makes: 4 servings

25min TOTAL TIME

- 2 lb (1 kg) **mussels**
- 2 tbsp (30 mL) **olive oil**
- Half bulb **fennel,** chopped
- 2 **shallots,** thinly sliced
- 1 clove **garlic,** thinly sliced
- 2 cups (500 mL) **cherry tomatoes,** halved
- ¼ tsp (1 mL) each **salt** and **pepper**
- ½ cup (125 mL) packed **lovage leaves** (or ¼ cup/60 mL each parsley and celery leaves), coarsely chopped
- ½ cup (125 mL) **white wine**

Scrub mussels; discard any that do not close. Set aside.

In Dutch oven, heat oil over medium-high heat; cook fennel, shallots and garlic, stirring occasionally, until softened, about 4 minutes.

Stir in tomatoes, salt and pepper; cook, stirring, just until tomatoes begin to break up, about 3 minutes.

Stir in lovage and wine; boil for 1 minute, scraping up browned bits. Add mussels; cover and boil until mussels open, about 8 minutes.

Using slotted spoon, transfer mussels to deep bowl, discarding any that do not open. Pour sauce over mussels.

PER SERVING: about 161 cal, 9 g pro, 9 g total fat (1 g sat. fat), 9 g carb, 2 g fibre, 19 mg chol, 296 mg sodium, 452 mg potassium. % RDI: 4% calcium, 21% iron, 10% vit A, 28% vit C, 19% folate. »

More at ebook-free-download.net or magazinesdownload.com

20min
TOTAL TIME

Gazpacho with Grilled Shrimp

Prep: 15 minutes **Cook:** 5 minutes **Chill:** 1 hour **Makes:** 4 servings

1 cup (250 mL) cubed crustless **white bread**
1½ lb (750 g) ripe **tomatoes,** chopped
¾ cup (175 mL) chopped **sweet onion**
½ cup (125 mL) chopped **sweet green pepper**
2 small cloves **garlic,** smashed
1 piece (4 inch/10 cm) **cucumber,** peeled and chopped
⅓ cup (75 mL) **extra-virgin olive oil**
2 tbsp (30 mL) **sherry vinegar**
1 tbsp (15 mL) **white wine vinegar**
1 tsp (5 mL) **salt**
¾ tsp (4 mL) **granulated sugar**

GRILLED SHRIMP:
8 **jumbo shrimp** (unpeeled)
1 tsp (5 mL) **extra-virgin olive oil** (approx)
¼ tsp (1 mL) **salt**

Sprinkle cubed bread with 3 tbsp (45 mL) water; gently squeeze out excess moisture.

In blender in batches, blend bread, tomatoes, onion, green pepper, garlic, cucumber, oil, sherry vinegar, wine vinegar, salt, sugar and ¾ cup (175 mL) cold water until smooth. Strain through fine sieve into large bowl, pressing and discarding any solids. Cover and chill for 1 hour or up to 24 hours.

GRILLED SHRIMP: Meanwhile, thread shrimp onto soaked wooden or metal skewers. Brush with oil; sprinkle with salt. Place on greased grill over medium-high heat; close lid and grill, turning once, until pink, about 5 minutes. Divide soup among 4 bowls; drizzle with more olive oil, if desired. Serve with shrimp.

PER SERVING: about 270 cal, 9 g pro, 20 g total fat (3 g sat. fat), 13 g carb, 1 g fibre, 49 mg chol, 816 mg sodium, 546 mg potassium. % RDI: 5% calcium, 13% iron, 15% vit A, 63% vit C, 20% folate.

More at ebook-free-download.net or magazinesdownload.com

Coriander Pork Skewers and Red Onion Salsa

Prep: 10 minutes **Stand:** 15 minutes **Cook:** 10 minutes **Makes:** 4 servings

* The bay leaves are used just for flavour and are not to be eaten. If you don't have hot paprika, use ¾ tsp (4 mL) paprika and ¼ tsp (1 mL) cayenne pepper.

1 lb (500 g) **pork tenderloin,** cubed
2 cloves **garlic,** minced
1 tbsp (15 mL) **ground coriander**
1 tbsp (15 mL) **olive oil**
1 tsp (5 mL) **ground cumin**
1 tsp (5 mL) **hot paprika**
½ tsp (2 mL) **salt**
12 **fresh bay leaves** (approx)
Cracked Wheat Salad (recipe follows)

RED ONION SALSA:
1 **tomato**
1 cup (250 mL) thinly sliced **red onion**
1½ tbsp (22 mL) **red wine vinegar**
Pinch each **salt** and **granulated sugar**
2 tbsp (30 mL) chopped **fresh mint leaves**

In bowl, toss together pork, garlic, coriander, oil, cumin, paprika and salt; let stand for 10 minutes.

RED ONION SALSA: Meanwhile, cut tomato into quarters; seed, core and slice. In bowl, toss together tomato, onion, vinegar, salt and sugar. Stir in mint.

Alternately thread pork and bay leaves onto soaked wooden or metal skewers, using more bay leaves if necessary. Place on greased grill over medium-high heat; close lid and grill, turning once, until juices run clear when pork is pierced, about 10 minutes. Serve with Red Onion Salsa and Cracked Wheat Salad.

PER SERVING: about 397 cal, 31 g pro, 17 g total fat (3 g sat. fat), 33 g carb, 6 g fibre, 61 mg chol, 501 mg sodium, 672 mg potassium. % RDI: 6% calcium, 31% iron, 13% vit A, 33% vit C, 27% folate.

Cracked Wheat Salad

In heatproof bowl, pour 2 cups (500 mL) boiling water over 1 cup (250 mL) bulgur; cover and let stand until tender, 15 minutes. Drain, squeezing out as much water as possible; return to bowl. Stir in ½ cup (125 mL) minced fresh parsley, 3 tbsp (45 mL) each lemon juice and olive oil, and ¼ tsp (1 mL) salt.

PER SERVING: about 214 cal, 5 g pro, 11 g total fat (1 g sat. fat), 28 g carb, 4 g fibre, 0 mg chol, 157 mg sodium, 151 mg potassium. % RDI: 2% calcium, 14% iron, 6% vit A, 22% vit C, 17% folate. »

35min TOTAL TIME

More at ebook-free-download.net or magazinesdownload.com

Eggplant Provolone Panini

Prep: 10 minutes **Stand:** 10 minutes **Cook:** 15 minutes **Makes:** 4 servings

1 **eggplant** (about 1 lb/500 g)
¼ tsp (1 mL) **salt**
¼ cup (60 mL) **all-purpose flour**
1 **egg,** beaten
⅔ cup (150 mL) **dry bread crumbs**
½ cup (125 mL) **vegetable oil**
1 each **sweet red** and **green pepper,** seeded and quartered
4 soft **buns**
4 slices **provolone cheese**

GARLIC THYME MAYO:
1 clove **garlic**
Pinch **salt**
¼ cup (60 mL) **light mayonnaise**
1 tbsp (15 mL) **lemon juice**
¼ tsp (1 mL) minced **fresh thyme**
Pinch **pepper**

Cut eggplant into 8 scant ½-inch (1 cm) thick slices. Sprinkle with salt. Place in colander, pressing gently with plate. Let stand for 10 minutes. Pat dry with paper towel.

GARLIC THYME MAYO: Meanwhile, finely mince garlic with salt. In bowl, combine garlic mixture, mayonnaise, lemon juice, thyme and pepper; set aside.

Dip eggplant into flour, then egg, then bread crumbs. In skillet, heat oil over medium-high heat; fry eggplant, turning once, until golden brown, 6 to 8 minutes. Place on paper towel–lined tray to drain.

Meanwhile, on baking sheet, broil red and green peppers, turning occasionally, until softened and charred, 10 to 15 minutes. Peel if desired.

Cut buns in half; layer bottoms with red and green peppers, eggplant and cheese. Spread each top with 1 tbsp (15 mL) of the Garlic Thyme Mayo. Press in panini maker (or broil without top bun) until cheese melts.

PER SERVING: about 543 cal, 18 g pro, 26 g total fat (7 g sat. fat), 61 g carb, 6 g fibre, 69 mg chol, 856 mg sodium, 387 mg potassium. % RDI: 27% calcium, 27% iron, 20% vit A, 120% vit C, 48% folate. »

35min TOTAL TIME

More at ebook-free-download.net or magazinesdownload.com

Katherine's story

Lessons learned from my trash-talking housekeeper.

When I put a note in the classifieds asking for help, I probably should have been more specific. My housekeeper, Frances, seemed more interested in helping with my flailing love life than my kitchen floor. I'd come home to a clean fridge covered with personal ads, so I was surprised when she brought up Bounce® dryer sheets. "Always put one in the bottom of the trash can," she said. Before I could ask why, I was interrupted by her underlying motive. "Until you find a husband to take out the trash for you, you want to help keep it smelling fresh." Well, my love life still stinks, but at least my trash can always smells a little better.

Share your story online at BounceEverywhere.ca

Keep out of reach of toddlers and pets to avoid accidental ingestion. © 2010 P&G.

More at ebook-free-download.net or magazinesdownload.com

50min TOTAL TIME

Chicken in Roasted Red Pepper Sauce

Prep: 15 minutes **Cook:** 35 minutes **Makes:** 4 to 6 servings

* You can use jarred roasted peppers if you want to make this dish faster.

3 **sweet red peppers**
1 tbsp (15 mL) **tomato paste**
1 **whole chicken** (about 3 lb/1.5 kg)
1 tbsp (15 mL) **smoked paprika** or paprika
½ tsp (2 mL) **salt**
2 tbsp (30 mL) **olive oil**
1 **onion,** chopped
2 cloves **garlic,** minced
3 oz (90 g) **pancetta** or cured ham, cubed
¼ tsp (1 mL) **hot pepper flakes**
2 cups (500 mL) **chopped tomatoes**
3 tbsp (45 mL) minced **fresh parsley**

Broil red peppers, turning occasionally, until softened and charred, 10 to 15 minutes. Let cool. Peel, seed and core. In food processor, purée peppers with tomato paste until smooth.

Meanwhile, cut chicken into 8 pieces, cutting breasts in half. Toss with paprika and salt. In Dutch oven, heat 1 tbsp (15 mL) of the oil over medium-high heat; brown chicken, in batches, 8 minutes. Transfer to plate. Drain fat from pan and wipe out.

Add remaining oil to pan; sauté onion and garlic until softened, about 5 minutes. Add pancetta and hot pepper flakes; cook, stirring, for 2 minutes. Return chicken to pan.

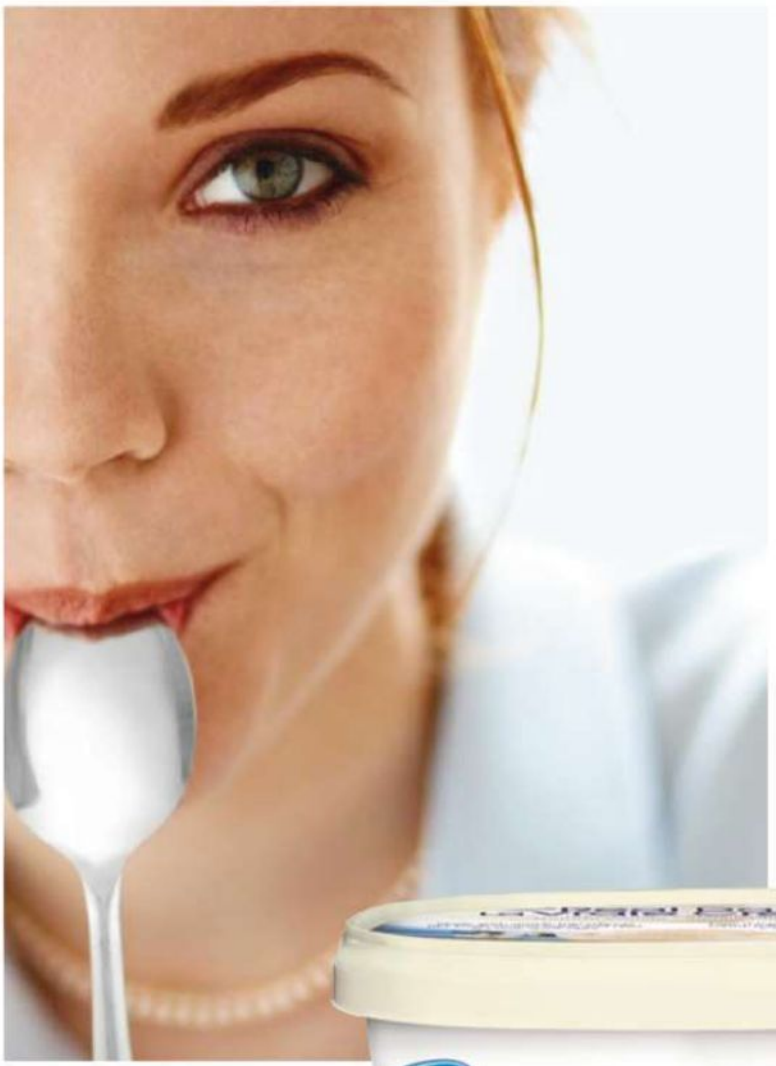
Add tomatoes and bring to boil; stir in red pepper mixture. Cover and simmer over medium-low heat until thickened and juices run clear when chicken is pierced, about 20 minutes. Stir in parsley.

PER EACH OF 6 SERVINGS (WITHOUT SKIN): about 255 cal, 25 g pro, 13 g total fat (5 g sat. fat), 10 g carb, 3 g fibre, 88 mg chol, 368 mg sodium, 587 mg potassium. % RDI: 3% calcium, 15% iron, 36% vit A, 183% vit C, 12% folate. ■

For more Quick & Easy recipes, go to canadianliving.com/september.

More at ebook-free-download.net or magazinesdownload.com

NEW FROM NESTLÉ



It's what we don't put in our ice cream that makes the difference.

100% CANADIAN MILK

Made with simple ingredients like sugar, eggs and fresh cream made from 100% Canadian milk.

www.realdairy.ca

Nestlé
Good Food, Good Life

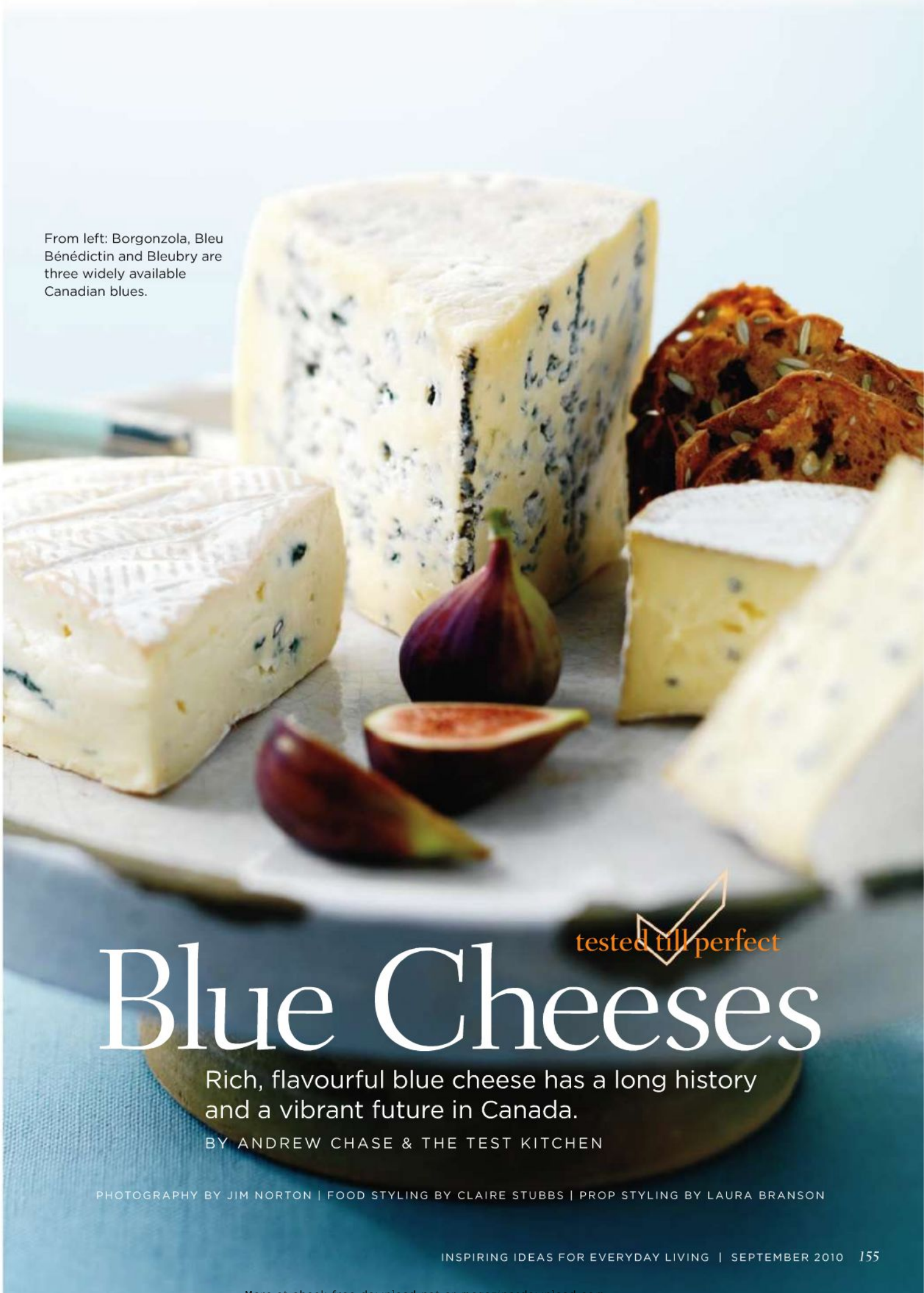
More at ebook-free-download.net or magazinesdownload.com

Yes, the taste is that real.

RealFruit Gummies are made with real fruit juices AND real fruit purees – that's why they taste so delicious. No artificial colours. No artificial flavours. Just real fruit goodness. In fact, we think you'll agree that these are the best-tasting gummies you can buy. To find out more, visit www.darefoods.com

Taste The Difference Real Fruit Makes.

More at ebook-free-download.net or magazinesdownload.com



From left: Borgonzola, Bleu Bénédictin and Bleubry are three widely available Canadian blues.

tested till perfect

Blue Cheeses

Rich, flavourful blue cheese has a long history and a vibrant future in Canada.

BY ANDREW CHASE & THE TEST KITCHEN

PHOTOGRAPHY BY JIM NORTON | FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY LAURA BRANSON

More at ebook-free-download.net or magazinesdownload.com

Cream of Celery Soup with Blue Cheese

Blue, or blue-veined, cheeses are defined by the edible bluish mould that runs through them. In ancient Europe, *Penicillium* moulds, which give blues their distinctive flavour, were accidentally introduced into pressed-curd cheeses via the cold, humid air in the caves where they were aged and stored.

As cheese-making advanced, specific mould strains were isolated and intentionally added to cheeses after (or sometimes before) shaping or during the aging process. Today carefully controlled mould is added to nearly all blues to achieve standard bluing and consistent flavour.

Canadian Blue Cheeses

Canada's first notable blue cheese, Bleu Ermite, was created in 1943 at the Abbey of Saint-Benoît in Quebec's Eastern Townships. Rindless and full-flavoured, it is suited to cheese boards, salads and cooking. In 1990, the abbey began making the award-winning Bleu Bénédictin. Aged longer than Ermite, it has a natural rind and a more forceful, woodsy taste. Both are widely available.

Blue cheese moulds also appear in soft cheeses, such as Quebec's delicate Bleubry (rich and creamy, with a bloomy rind) and Ontario's Borgonzola (closer to blue-veined Brie than to its namesake, Gorgonzola). You can also find double- and triple-cream blue-veined Camembert- or Brie-style cheeses at the grocery store.

You'll find many of Canada's fine blue cheeses only in their native provinces or in specialized cheese shops. New cheeses pop up every year, but, in British Columbia, look for mild Naramata Bench Blue, strong Beddis Blue and sharp Tiger Blue. In Ontario, try tasty smoked Blue Haze. In Quebec, look for creamy Rassembleu, rich Ciel de Charlevoix or mushroom-like Fleuron. In the Maritimes, try the excellent Geai Bleu from New Brunswick and the unusual black-waxed Dragon's Breath from Nova Scotia, which is pungent, creamy and absolutely delicious.

Food and Drink Matches

Apples, pears or celery pair well with blues for a simple dessert or snack. Nuts, particularly walnuts, are lovely partners in salads and sauces. Melt blues over grilled steaks or chops, or mix into flavoured butter for a simple, elegant "sauce." Add to a soufflé or mac and cheese for extra flavour.

Dry full-bodied red wines are the traditional partners to blue cheese, especially with red meat. Or try full-bodied white wines with a good balance of fruit and acidity, such as dry or semi-dry Riesling. Blue cheese goes especially well with Port or other rich, sweet wines; stout and strong ales; and hard or sweet apple cider.

> When serving a cheese platter after a meal, plan on 1½ to 2 oz (45 to 60 g) cheese per guest. For a wine and cheese tasting, plan on about 8 oz (250 g) cheese per guest.

Cream of Celery Soup with Blue Cheese

Prep: 10 minutes
Cook: 30 minutes
Makes: 8 servings

*Serve this soup hot on cold days or cold on warm ones (see Switch It Up, page 158). Organic celery is easy to find; it has a more pronounced taste than conventionally grown celery and is highly recommended. »

More at ebook-free-download.net or magazinesdownload.com

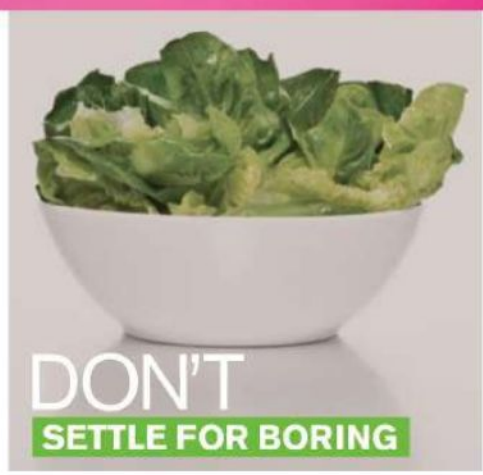
Do: Enjoy the tender seasoned chicken breast available crispy or grilled.

DO
BE BOLD AND FRESH

THE SUMMER LOOK

McDonald's® new fabulous Southwest Salad is in this summer and it's easy to see why.

Do: Savour the zesty flavour of the spicy chili-lime glazed chicken.



DON'T
SETTLE FOR BORING

Do: Add some sass to your salad with fire-roasted corn, black beans and peppers.

Do: Top it all off with crunchy tri-colour tortilla chips.

Renée's GOURMET

Do: Dress with the best.

new Southwest salad

i'm lovin' it®

For a limited time only. At participating McDonald's® restaurants in Canada.
Trademark of Renée's Gourmet™ Foods Inc.
© 2010 McDonald's

More at ebook-free-download.net or magazinesdownload.com

2 tbsp (30 mL) **butter**
7 cups (1.75 L) chopped **celery** (about 1¼ lb/625 g)
1 large **white onion** or Spanish onion, chopped
1½ cups (375 mL) cubed peeled **potatoes**
¾ tsp (4 mL) **salt**
Pinch each **white pepper** and **nutmeg**
2 cups (500 mL) **sodium-reduced chicken broth**
¾ cup (175 mL) **whipping cream**
6 oz (175 g) **Bleu Bénédictin cheese** or other Canadian blue cheese, crumbled
1 tbsp (15 mL) finely chopped **fresh chives**
Freshly ground **pepper**

In soup pot, melt butter over medium heat; add celery, onion, potatoes, salt, white pepper and nutmeg. Cover and cook, stirring occasionally and reducing heat if vegetables show any sign of browning, until celery and onion are tender, about 10 minutes.

Add broth and 2½ cups (625 mL) water; bring to boil. Reduce heat and simmer, covered, until potatoes are falling apart, about 20 minutes.

In batches, purée in blender; strain through fine sieve. Reheat soup in clean soup pot; stir in cream and bring to simmer. Stir in 1 cup (250 mL) of the crumbled cheese until melted.

Ladle into bowls. Sprinkle chives over soup; top with remaining cheese. Sprinkle with pepper to taste.

PER SERVING: about 227 cal, 7 g pro, 17 g total fat (11 g sat. fat), 13 g carb, 2 g fibre, 52 mg chol, 754 mg sodium, 403 mg potassium. % RDI: 16% calcium, 4% iron, 18% vit A, 13% vit C, 16% folate.

SWITCH IT UP

Cold Cream of Celery Soup with Blue Cheese

Replace butter with olive oil and whipping cream with sour cream. Cook as directed; after straining puréed hot soup, stir in 1 cup (250 mL) of the cheese until melted (if soup isn't hot enough and cheese doesn't melt completely, return to heat and stir until melted). Let cool; whisk in sour cream. Chill in refrigerator. Taste and add more salt if needed (blue cheeses vary in saltiness, and cold soups generally need a little extra). Garnish as above, adding an extra dollop of sour cream, if desired.

Borgonzola and Walnut Salad

Prep: 15 minutes
Cook: 4 minutes
Makes: 6 to 8 servings

¾ cup (175 mL) **walnut halves**
¼ cup (60 mL) **extra-virgin olive oil**
2 tbsp (30 mL) minced **red onion**
4 tsp (20 mL) **balsamic vinegar**
1 tbsp (15 mL) **red wine vinegar**
2 **anchovy fillets,** minced (or 1 tsp/5 mL anchovy paste)
1 small clove **garlic,** minced
¼ tsp (1 mL) **pepper**
Pinch **salt**
1 small head **radicchio,** torn or cut into pieces
1 head **Boston lettuce,** torn or cut into pieces
1 bunch **arugula,** trimmed
6 oz (175 g) **Borgonzola cheese,** cut or crumbled into chunks

In dry skillet over medium heat, toast walnuts until fragrant, about 4 minutes; let cool.

In salad bowl, whisk together oil, onion, balsamic and wine vinegars, anchovies, garlic, pepper and salt. Toss in radicchio, Boston lettuce and arugula; top with Borgonzola cheese and walnuts.

PER EACH OF 8 SERVINGS: about 212 cal, 8 g pro, 22 g total fat (7 g sat. fat), 5 g carb, 1 g fibre, 30 mg chol, 181 mg sodium, 254 mg potassium. % RDI: 9% calcium, 6% iron, 7% vit A, 10% vit C, 24% folate.

Chops with Blue Cheese Sauce

Prep: 5 minutes
Cook: 12 minutes
Makes: 4 servings

4 **veal chops** or pork chops (7 to 8 oz/200 to 250 g each)
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**
2 tbsp (30 mL) **olive oil** or vegetable oil
2 tbsp (30 mL) **butter**
2 cloves **garlic,** smashed
¾ cup (175 mL) **apple cider**
¼ cup (60 mL) minced **shallots**
2 tbsp (30 mL) **cider vinegar**
½ cup (125 mL) **whipping cream**
4 oz (125 g) **Bleu Ermite cheese** or Bleu Bénédictin cheese
2 tbsp (30 mL) finely chopped **fresh chives** and/or **parsley**

Sprinkle chops all over with salt and pepper. In skillet, heat oil over medium-high heat; add butter and garlic. Fry until garlic is lightly browned; with tongs or slotted spoon, remove from skillet. Fry chops, turning once, until golden outside and just pink in centre, 8 to 12 minutes, depending on thickness and desired doneness. Transfer to warmed serving platter; cover and keep warm.

Drain fat from pan; add cider, shallots and vinegar. Bring to boil, stirring and scraping up browned bits from bottom of pan; boil until reduced to about 1 tbsp (15 mL), 2 to 3 minutes.

Stir in cream; bring to boil. Reduce heat to medium and simmer, stirring, for 2 minutes. Stir in cheese until melted; stir in any accumulated juices from chops. Spoon sauce over chops; sprinkle with chives and parsley.

PER SERVING: about 494 cal, 31 g pro, 36 g total fat (19 g sat. fat), 11 g carb, trace fibre, 167 mg chol, 824 mg sodium, 593 mg potassium. % RDI: 18% calcium, 11% iron, 20% vit A, 3% vit C, 13% folate. ■

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com

DOCTORS RECOMMEND *BOOST*®

I'm totally serious – about my nutrition.

To keep up with my granddaughter's imagination,
I choose the complete nutrition of *BOOST* everyday.

helps you be your best.

Great tasting *BOOST* provides you with:

- Calcium and vitamin D for strong bones
- 10g of muscle-building protein
- 26 essential vitamins and minerals

Nestlé Nutrition

© 2010 All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland.

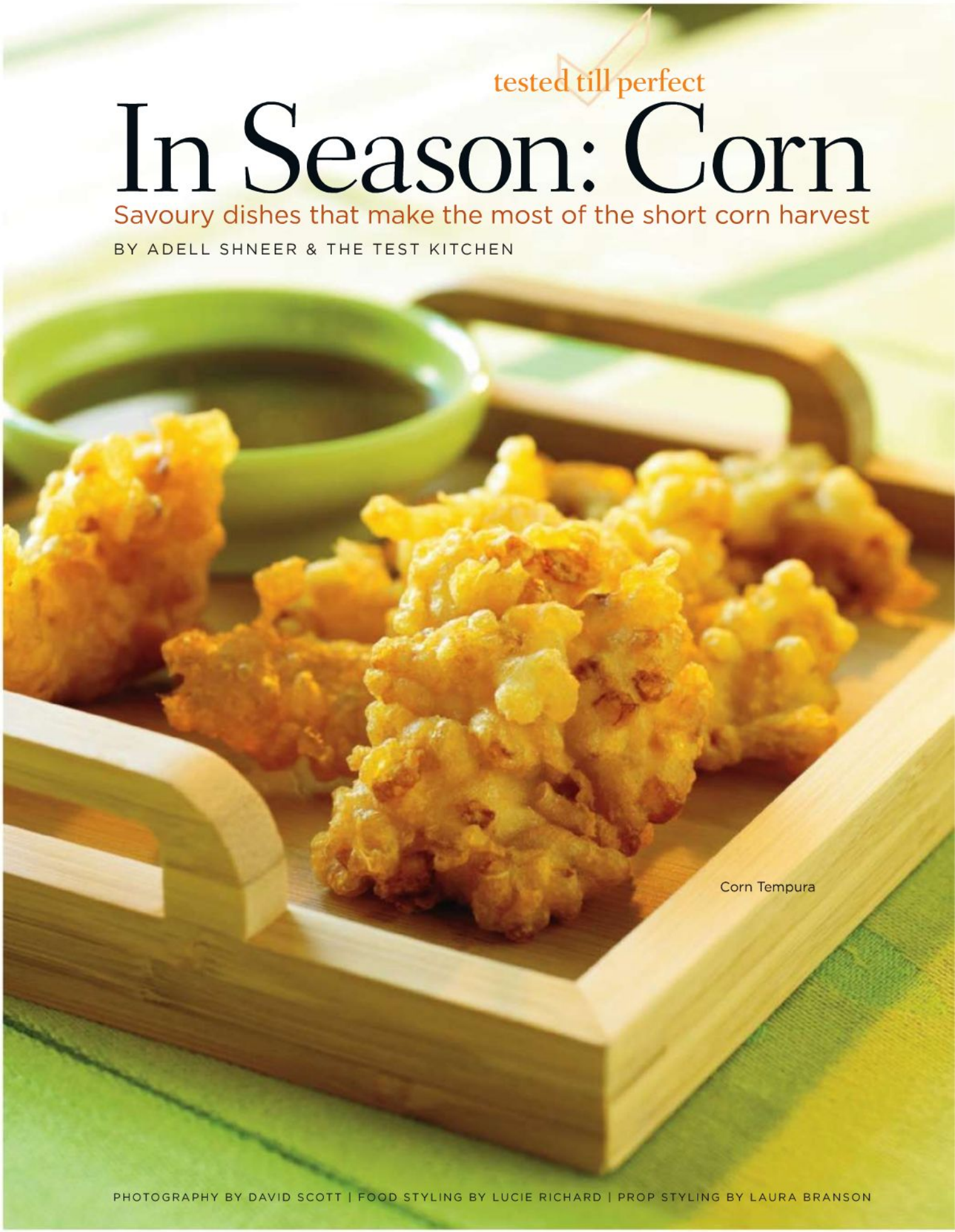
More at ebook-free-download.net or magazinesdownload.com

tested till perfect

In Season: Corn

Savoury dishes that make the most of the short corn harvest

BY ADELL SHNEER & THE TEST KITCHEN



Corn Tempura

PHOTOGRAPHY BY DAVID SCOTT | FOOD STYLING BY LUCIE RICHARD | PROP STYLING BY LAURA BRANSON

More at ebook-free-download.net or magazinesdownload.com

Dilled Potato and Grilled Corn Salad

Prep: 10 minutes
Cook: 15 minutes
Makes: 6 to 8 servings

4 **corn cobs,** husked
3 tbsp (45 mL) **vegetable oil**
2 lb (1 kg) small **red** or white **potatoes** (about 30), peeled
4 **green onions,** sliced
2 tsp (10 mL) **grainy mustard**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**
¼ cup (60 mL) **red wine vinegar**
2 tbsp (30 mL) chopped **fresh dill**

Brush corn with 1 tbsp (15 mL) of the oil. Place on greased grill over medium-high heat; close lid and grill until tender and slightly charred, 10 to 15 minutes. Let cool. Cut off kernels and place in large bowl.

Meanwhile, in large saucepan of boiling salted water, cover and cook potatoes until tender, about 15 minutes. Drain and halve; add to bowl.

Add onions, mustard, salt and pepper; sprinkle with vinegar and toss well. Let cool.

Add remaining oil and dill; toss to coat.

PER EACH OF 8 SERVINGS: about 197 cal, 4 g pro, 6 g total fat (1 g sat. fat), 34 g carb, 4 g fibre, 0 mg chol, 400 mg sodium, 641 mg potassium. % RDI: 2% calcium, 10% iron, 2% vit A, 37% vit C, 22% folate.

Corn Tempura

Prep: 10 minutes
Cook: 10 minutes
Makes: 6 servings

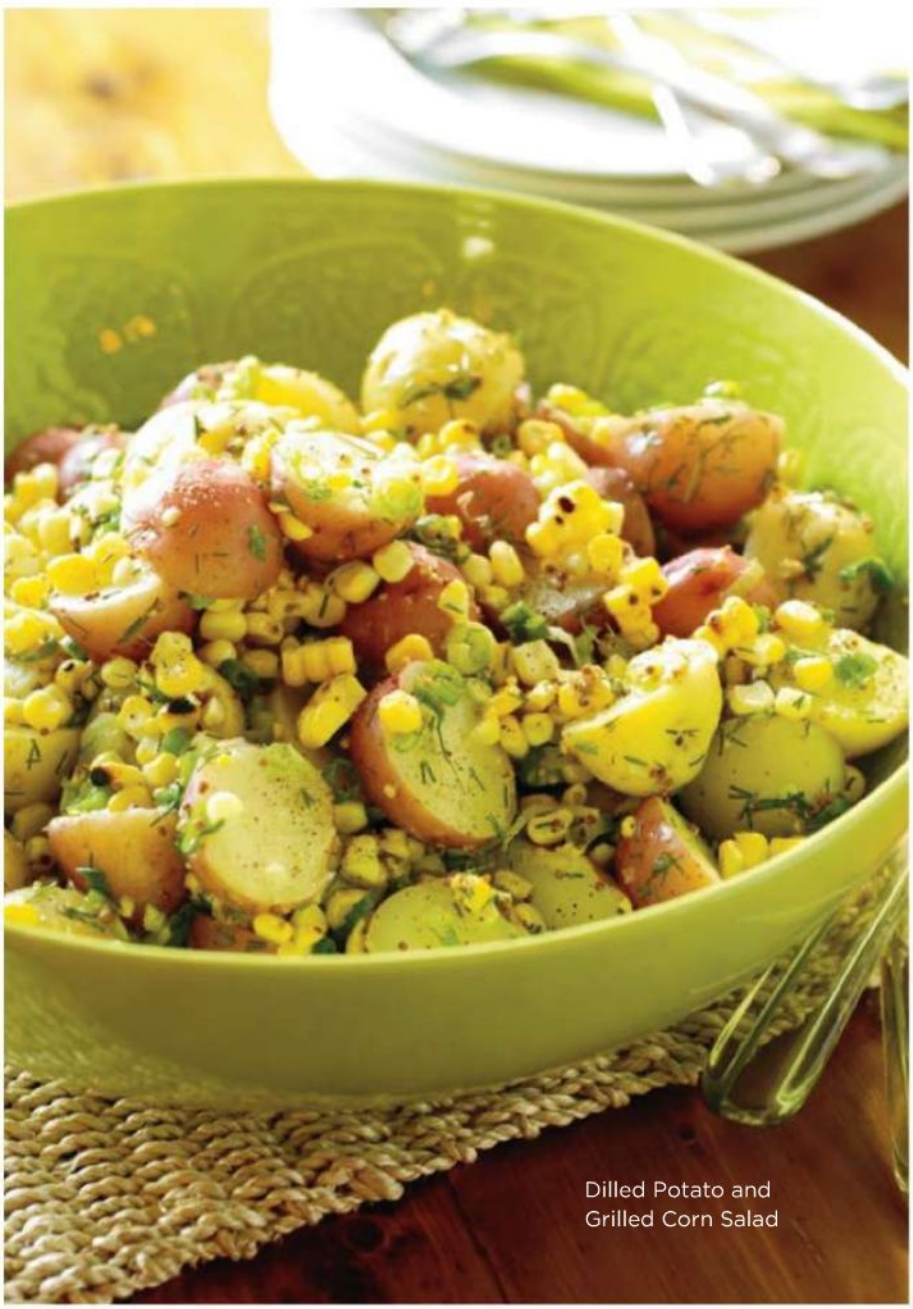
*This batter is very thin, much like crêpe batter. Keeping it cold in an ice bath is important because it helps make the tempura crispy and light.

¾ cup (175 mL) **all-purpose flour**
¼ cup (60 mL) **cornstarch**
¼ tsp (1 mL) **baking soda**
1 **egg**
1 cup (250 mL) **ice water**
2 cups (500 mL) **fresh corn kernels**
Vegetable oil for deep-frying

DIPPING SAUCE:
¼ cup (60 mL) **tempura dipping sauce** (such as Kikkoman)
¼ cup (60 mL) **water**
¼ cup (60 mL) grated **daikon radish**

In large bowl, whisk together flour, cornstarch, baking soda, egg and ½ cup (125 mL) of the ice water. Whisk in remaining water, ¼ cup (60 mL) at a time, to make thin batter. Stir in corn. Place bowl in second bowl filled with more ice water.

Pour enough oil into wok or Dutch oven to come about 2 inches (5 cm) up side; heat until deep-fryer thermometer reads 375°F (190°C), or until 1-inch (2.5 cm) cube of white bread turns golden in 30 seconds. »



Dilled Potato and Grilled Corn Salad

More at ebook-free-download.net or magazinesdownload.com

FROM

STRAWBERRIES

TO

SWEET!

IT CHANGES EVERYTHING

For more recipe ideas visit: www.dessertcentre.ca

More at ebook-free-download.net or magazinesdownload.com

Gently drop batter, 2 tbsp (30 mL) at a time, into hot oil (batter will sink slightly then rise to surface with bits breaking off at edges). Deep-fry, turning once, until golden brown, about 3 minutes. Drain on paper towel–lined rack.

DIPPING SAUCE: In small saucepan, bring dipping sauce and water to boil; remove from heat. Squeeze out liquid from radish; add radish to sauce. Serve with tempura.

PER SERVING: about 299 cal, 4 g pro, 18 g total fat (2 g sat. fat), 31 g carb, 2 g fibre, 31 mg chol, 794 mg sodium, 143 mg potassium. % RDI: 1% calcium, 8% iron, 2% vit A, 5% vit C, 25% folate.

Corn Bacon Quiche

Prep: 10 minutes **Chill:** 1½ hours
Cook: 1¼ hours
Makes: 8 servings

6 slices **bacon**
1 tbsp (15 mL) **vegetable oil**
1 **onion,** finely chopped
1 cup (250 mL) **fresh corn kernels**
½ tsp (2 mL) **pepper**
¼ tsp (1 mL) **salt**
Pinch **dried thyme**
4 **eggs**
½ cup (125 mL) **milk**
¼ cup (60 mL) **5% cream**
½ cup (125 mL) shredded **Gruyère cheese**

CORNMEAL PASTRY:
1¼ cups (300 mL) **all-purpose flour**
¼ cup (60 mL) **cornmeal**
½ tsp (2 mL) each **granulated sugar** and **salt**
½ cup (125 mL) cold **unsalted butter**
3 tbsp (45 mL) **sour cream**
2 tbsp (30 mL) **ice water** (approx)

CORNMEAL PASTRY: In bowl, mix together flour, cornmeal, sugar and salt; using pastry blender or 2 knives, cut in butter until in large crumbs.

Whisk sour cream with water; drizzle over flour mixture, tossing with fork until dough comes together, adding up to 1 tbsp (15 mL) more water if necessary. Wrap and refrigerate until chilled, about 1 hour.

On lightly floured surface, roll out pastry to scant ¼-inch (5 mm) thickness; fit into 9-inch (23 cm) quiche dish or pie plate. Fold edge under, leaving ¼ inch (5 mm) above rim; flute or crimp edge with fork. Prick all over with fork. Refrigerate for 30 minutes.

Line pie shell with foil; fill with pie weights or dried beans. Bake in bottom third of 400°F (200°C) oven until rim is light golden, about 20 minutes. Remove weights and foil; bake for 10 minutes. Let cool on rack.

In large skillet, cook bacon over medium-high heat until crisp, about 5 minutes. Drain on paper towels. Drain fat from pan. »

CORN ON THE COB

Husk and remove silk from cobs of corn. Boil or steam for 8 to 10 minutes, or grill over medium heat for 10 to 15 minutes. Remove from heat and brush with one of these toppings. Each makes about ⅓ cup (75 mL), enough for 6 cobs of corn.

- **Lime Chili Butter:** Mix ¼ cup (60 mL) butter, softened; 1 tsp (5 mL) grated lime rind; and ¼ tsp (1 mL) chili powder.
- **Butter Provençale:** Mix ¼ cup (60 mL) butter, softened; 1 tbsp (15 mL) Dijon mustard; and ¾ tsp (4 mL) herbes de Provence.
- **Indian-Spiced Olive Oil with Butter:** Mix 2 tbsp (30 mL) each extra-virgin olive oil and butter, softened; 1 tbsp (15 mL) minced fresh coriander; 1 tsp (5 mL) curry paste; and ½ tsp (2 mL) lemon juice.
- **Pesto Butter:** Mix ¼ cup (60 mL) butter, softened; 2 tbsp (30 mL) grated Parmesan cheese; 1 clove garlic, minced; and 1 tbsp (15 mL) minced fresh basil.

Bored with just butter? Visit canadianliving.com/september and try more of our zippy corn-on-the-cob toppings. They'll breathe life into your corn all harvest long.

More at ebook-free-download.net or magazinesdownload.com

"One drop of Dawn Plus Power Scrubbers is as strong as two drops of the other guy?

That's not half bad..."

-The Sponge

One drop of Dawn Plus Power Scrubbers has the grease cleaning power of two drops of a leading non-concentrated brand. That's double the cleaning ingredients in every drop!

Dawn does more, so it's not a chore.™

More at ebook-free-download.net or magazinesdownload.com

In same pan, heat oil over medium heat; cook onion, corn, pepper, salt and thyme over medium heat, stirring occasionally, until onion is softened, about 5 minutes. Set aside.

In large bowl, whisk together eggs, milk and cream. Crumble bacon and add to egg mixture along with corn mixture. Sprinkle cheese over pastry shell. Pour in egg mixture.

Shielding pastry rim with foil, bake in 375°F (190°C) oven until knife inserted in centre comes out clean, about 40 minutes. Let cool on rack for 10 minutes.

PER SERVING: about 356 cal, 11 g pro, 23 g total fat (12 g sat. fat), 26 g carb, 2 g fibre, 144 mg chol, 401 mg sodium, 187 mg potassium. % RDI: 12% calcium, 11% iron, 18% vit A, 2% vit C, 33% folate.

Grilled Corn Polenta with Roasted Red Peppers

Prep: 10 minutes **Stand:** 30 minutes
Cook: 38 minutes
Makes: 12 servings

¾ tsp (4 mL) **salt**
1 cup (250 mL) **cornmeal**
1 cup (250 mL) **fresh corn kernels**
½ cup (125 mL) grated **Parmesan cheese**

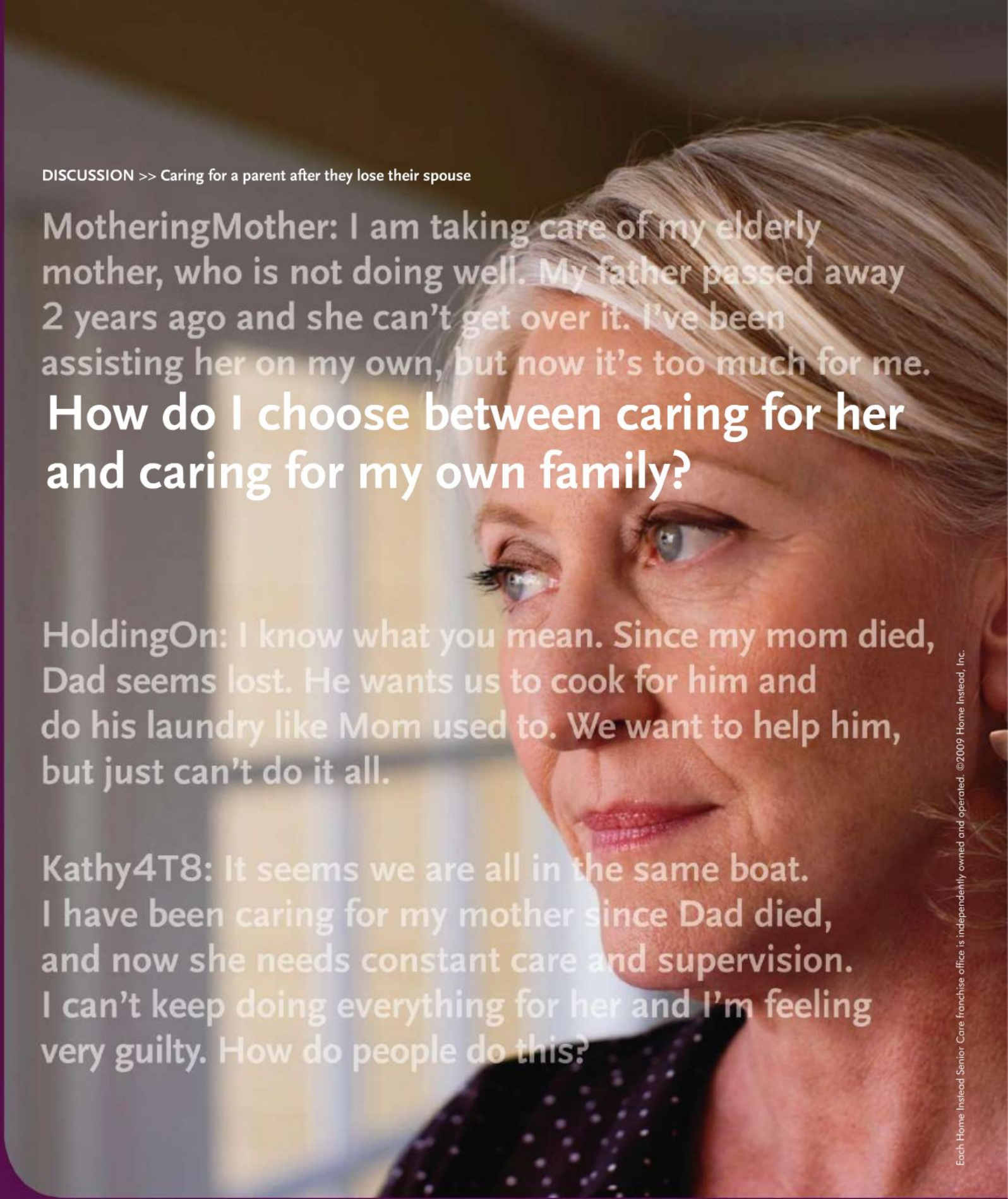
ROASTED RED PEPPERS:
3 **sweet red peppers**
1 tbsp (15 mL) **extra-virgin olive oil**
1 tsp (5 mL) **white wine vinegar**
Pinch **salt**
8 leaves **fresh basil,** thinly sliced

ROASTED RED PEPPERS: Broil red peppers, turning often, until charred, 15 minutes. Let cool. Peel off blackened skins. Core, seed and thinly slice; place in small bowl. »

CORN POINTERS

- Choose ripe corn with bright green, moist husks and stiff, moist silks.
- Individual corn kernels should be mature enough to feel through the husk.
- Eat corn as soon as possible after picking, because its sugars convert to starch over time, making the corn less sweet.
- Wrap unhusked corn in paper towels and refrigerate in plastic bag for up to 2 days.
- On average, one cob will yield ¾ cup (175 mL) kernels.
- Corn is a good source of folate and contains fibre, vitamin C, niacin and thiamine.

More at ebook-free-download.net or magazinesdownload.com



Each Home Instead Senior Care franchise office is independently owned and operated. ©2009 Home Instead, Inc.

Instead of stress, there's Home Instead.
Struggling to care for an aging loved one? You're not alone. Learn why more families trust us to provide personalized care in the comfort of their loved one's home.
Visit homeinstead.com/canadianliving. Or call 1.866.996.1056

Home Instead SENIOR CARE®
To us, it's personal.

More at ebook-free-download.net or magazinesdownload.com

Sprinkle with oil, vinegar and salt; toss. Stir in basil. Set aside.

In large saucepan, bring 4 cups (1 L) water and salt to boil; reduce heat to low. Gradually whisk in cornmeal; cook, stirring often, for 10 minutes.

Add corn; cook until tender-crisp and polenta is thick enough to mound on spoon, 5 to 10 minutes. Stir in cheese. Spread in greased 13- x 9-inch (3 L) glass baking dish. Let cool until set, about 30 minutes.

Cut polenta into 12 squares. Place on greased grill over medium heat; close lid and grill, turning once, until marked, about 8 minutes. Serve topped with red peppers.

PER SERVING: about 90 cal, 3 g pro, 3 g total fat (1 g sat. fat), 14 g carb, 2 g fibre, 4 mg chol, 114 mg sodium, 100 mg potassium. % RDI: 5% calcium, 3% iron, 12% vit A, 83% vit C, 15% folate.

Cajun Corn Sauté

Prep: 10 minutes
Cook: 14 minutes
Makes: 4 servings

*This recipe is an adaptation of maque choux, a Cajun dish often made with cream. This version is lightened up by using broth instead.

2 tbsp (30 mL) **butter**
1 cup (250 mL) finely chopped **sweet onion**
3 cups (750 mL) **fresh corn kernels**
½ tsp (2 mL) each **granulated sugar** and **smoked sweet paprika**
¼ tsp (1 mL) each **salt, pepper** and **cayenne pepper**
1 cup (250 mL) **sodium-reduced chicken broth**

In large skillet, melt butter over medium heat; cook onion, stirring often, until softened and translucent, about 5 minutes.

Stir in corn, sugar, paprika, salt, pepper and cayenne pepper; cook, stirring, until film forms on pan, 3 to 5 minutes.

Meanwhile, in saucepan, heat broth over medium-high heat. Add ¼ cup (60 mL) to corn mixture, stirring until almost evaporated, 2 to 3 minutes. Repeat 3 times until corn is tender and almost all liquid is absorbed.

PER SERVING: about 178 cal, 5 g pro, 7 g total fat (4 g sat. fat), 29 g carb, 4 g fibre, 15 mg chol, 352 mg sodium, 307 mg potassium. % RDI: 1% calcium, 6% iron, 9% vit A, 13% vit C, 25% folate.■

FAMILY FAVOURITE

BACON CHEESEBURGER ROLL-UP

PREP TIME: 25 min
TOTAL TIME: 50 min
MAKES: 6 servings, 1 piece (155 g) each

WHAT YOU NEED!

1 lb. (450 g) lean ground beef
4 slices bacon, chopped
1 small onion, chopped
2/3 cup **Cheez Whiz** spread
1 pkg. (235 g) refrigerated crescent dinner rolls

HEAT oven to 400°F.

BROWN ground beef with bacon and onions in large skillet; drain. Stir in **Cheez Whiz**; cook until melted, stirring frequently. Cool 10 min.

UNROLL dough onto baking sheet sprayed with cooking spray. Press into a 14x7-inch rectangle, firmly pressing seams and perforations together to seal. Cover with meat mixture. Roll up dough, starting at 1 long side. Rearrange, if necessary, so roll is seam-side down on baking sheet.

BAKE 20 to 25 min. or until golden brown.

Process Cheese Product

Enter the Cheez Whiz ORIGINAL CHALLENGE!

Add your personality!

and you could WIN!

Enter your family-favourite *Cheez Whiz* recipe and you could win kitchen appliances and be featured in an upcoming issue of Canadian Living!

FRIGIDAIRE The BRICK .com

PRIZE INCLUDES: Frigidaire Silver Mist Stainless Look kitchen appliances including a Fridge, Self-Clean Range, Over-the-Range Microwave and Built-in Dishwasher.

Submit your recipe at cheezwhizchallenge.com

No purchase necessary. Open to residents of Canada. Must be legal age. Contest open from June 22-August 31, 2010. Skill testing question required. Approx. retail value grand prize pkg $2,500 CDN and each secondary prize $50 CDN. Odds of winning depend on the total number of eligible entries received. Limit five submitted recipes per person during the life of the contest. Full rules & regulations can be found at cheezwhizchallenge.com

More at ebook-free-download.net or magazinesdownload.com

Quick Takes

YOUR GUIDE TO GREAT PRODUCTS

WIN A GARNIER ANTI-DARK-CIRCLE CARE PACKAGE!

From the inventors of the internationally acclaimed Eye Roller technology, New Garnier Skin Renew Anti-Dark-Circle Roller instantly covers dark circles, moisturizes and brightens your eyes. Dark circles? What dark circles? Visit garnier.ca.

Retail value: $100

GET SOLUTIONS FOR SOME OF LIFE'S MOST COMMON PROBLEMS

Expertly formulated, Swiss Solutions combines carefully selected ingredients to effectively help with your specific requirement to get you feeling like yourself again. Solutions Sleep is coming soon. Visit swisssolutions.ca.

Retail value: $85

BACK-TO-SCHOOL CELEBRATIONS

The Nestlé Favorites Friendship Fair gift basket includes all you and your child need to celebrate the beginning of the school year, complete with delicious chocolate treats, fun activities, games, crafts and more!

Retail value: $150

WIN AVEENO ULTRA-CALMING PRODUCTS

Aveeno Ultra-Calming products are formulated with Active Naturals Feverfew, a natural ingredient that soothes dry, sensitive skin and improves the tone and texture of skin prone to redness. Prize includes Ultra-Calming Cream Cleanser, Ultra-Calming Daily Moisturizer SPF 30 and Ultra-Calming Foaming Cleanser.

Retail value: $140

Visit canadianliving.com/september to enter.

More at ebook-free-download.net or magazinesdownload.com

tested till perfect

Lone Star BBQ

Dig in to a Texas-style barbecue menu for eight, from appetizer to dessert.

BY THE TEST KITCHEN

PHOTOGRAPHY BY JIM NORTON | FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY LAURA BRANSON

More at ebook-free-download.net or magazinesdownload.com

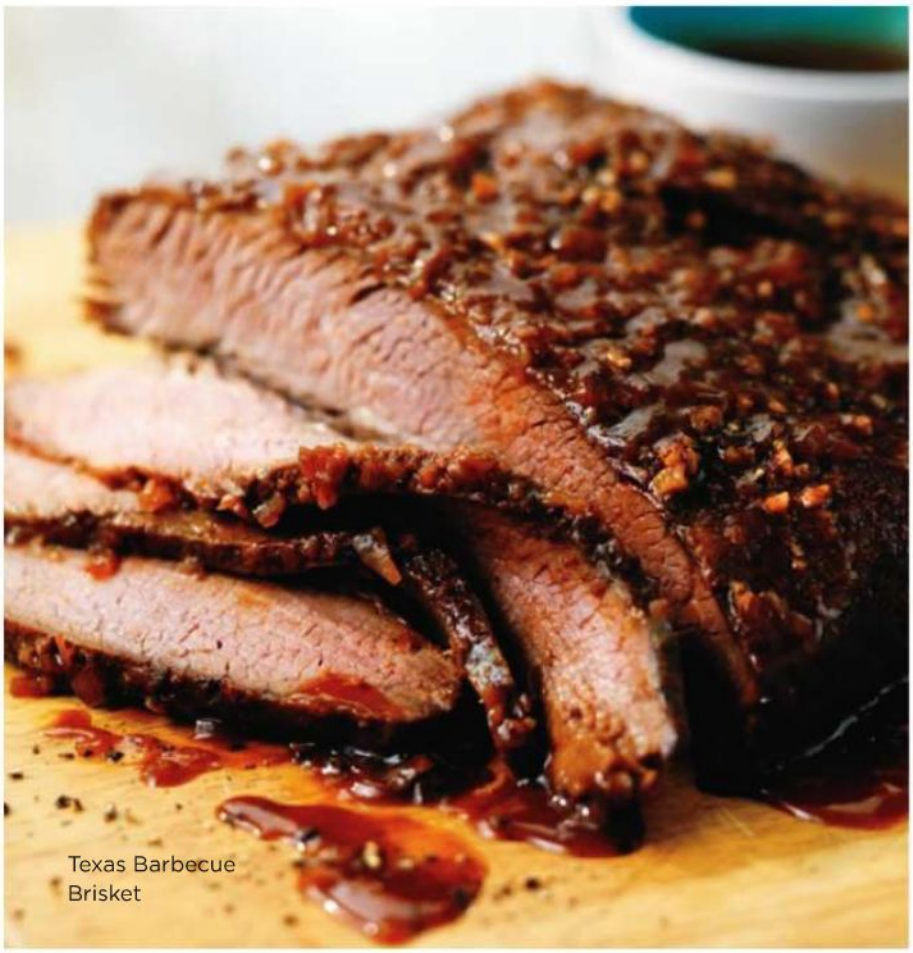
From left: Texas Barbecue Brisket, Fried Okra, Jalapeño Baked Beans

MENU FOR 8

- Texas Barbecue Brisket
- Smashed Potato Salad
- Jalapeño Baked Beans
- Fried Okra
- Corn on the cob*
- Peach Cobbler
- Iced tea*

**Recipe not included*

More at ebook-free-download.net or magazinesdownload.com


Texas Barbecue Brisket

Texas Barbecue Brisket

Prep: 10 minutes **Stand:** 1 hour
Cook: 4 hours
Makes: 8 to 10 servings

* Adding soaked wood chips to the grill gives this American classic its distinctive smokiness. You'll find this recipe in our book *The Barbecue Collection*.

1 tbsp (15 mL) **chili powder**
1 tbsp (15 mL) **smoked paprika** or paprika
1 tbsp (15 mL) **kosher salt** or coarse sea salt
2 tsp (10 mL) **granulated sugar**
1 tsp (5 mL) **ground cumin**
1 tsp (5 mL) **pepper**
5 to 6 lb (2.2 to 2.7 kg) **beef brisket**

BRISKET SAUCE:
1 tbsp (15 mL) **vegetable oil**
Half **onion,** finely chopped
2 cloves **garlic,** minced
2 cups (500 mL) **dark ale** or sodium-reduced beef broth
¼ cup (60 mL) packed **brown sugar**
¼ cup (60 mL) **Worcestershire sauce**
¼ cup (60 mL) **cider vinegar**
2 tsp (10 mL) **dry mustard**
1 tbsp (15 mL) **salt**
2 tbsp (30 mL) **tomato paste**

Mix together chili powder, paprika, salt, sugar, cumin and pepper; rub all over brisket. Let stand for 1 hour or, refrigerated, up to 1 day.

BRISKET SAUCE: In small saucepan, heat oil over medium heat; fry onion and garlic until soft and translucent. Stir in ale, sugar, Worcestershire sauce, vinegar, mustard and salt (if using beef stock, reduce salt to 1½ tsp/7 mL); bring to boil. Reduce heat and simmer for 10 minutes.

Place brisket in roasting pan; loosely cover with foil. Roast in 300°F (150°C) oven, basting with sauce every 30 minutes after first hour, until falling-apart tender, about 3 hours. Transfer to plate; skim fat off juices in pan. Add juices to remaining sauce. Set aside. (Refrigerate brisket and sauce separately overnight if desired.)

Soak 4 cups (1 L) wood chips in water for 30 minutes. Prepare barbecue for indirect grilling (see following tip). For gas barbecue, seal soaked chips in foil to make packet; poke several holes in top. Place over lit burner; close lid. For charcoal barbecue, place soaked chips directly on coals. Grill brisket, covered and basting with some of the remaining sauce every 15 minutes (without allowing too much smoke to escape), until dark brown and crisp, about 1 hour. Thinly slice across the grain to serve.

Meanwhile, in saucepan over medium-high heat, whisk remaining sauce with tomato paste; simmer until thickened, about 10 minutes. Serve with brisket.

PER EACH OF 10 SERVINGS: about 355 cal, 35 g pro, 18 g total fat (6 g sat. fat), 12 g carb, 1 g fibre, 89 mg chol, 1,323 mg sodium, 506 mg potassium. % RDI: 3% calcium, 31% iron, 6% vit A, 5% vit C, 6% folate.

Grilling Over Indirect Heat

For gas grill: set foil drip pan under 1 rack of 2-burner barbecue or under centre rack of 3-burner barbecue. Heat remaining burner(s).

For charcoal grill: place drip pan in centre and arrange hot charcoal on either side. Set meat on greased grill over drip pan. »

More at ebook-free-download.net or magazinesdownload.com

Peach Cobbler

More at ebook-free-download.net or magazinesdownload.com

It's about time for a fresh breath feeling that lasts up to **5X** longer.*

New Scope Outlast.
In refreshing mint
and peppermint.

new

*vs. brushing alone

© Procter & Gamble, Inc., 2010

More at ebook-free-download.net or magazinesdownload.com

Smashed Potato Salad

Prep: 10 minutes
Cook: 20 minutes **Chill:** 1 hour
Makes: 8 servings

3 **eggs**
4 large **potatoes** (about 1½ lb/750 g), peeled
Half **Vidalia onion** or sweet onion, finely chopped
2 ribs **celery,** diced
½ cup (125 mL) diced **gherkin** pickles
½ cup (125 mL) **mayonnaise**
2 tbsp (30 mL) **Dijon mustard**
1 tbsp (15 mL) **cider vinegar**
¾ tsp (4 mL) **salt**
½ tsp (2 mL) **pepper**
¼ tsp (1 mL) **paprika**

Place eggs in saucepan; cover with at least 1 inch (2.5 cm) cold water. Cover and bring to boil over high heat; remove from heat and let stand for 20 minutes.

Meanwhile, in large pot of boiling salted water, cook potatoes until fork-tender, about 15 minutes. Drain and coarsely chop into chunks. Place in large bowl.

Peel and chop eggs. Add to potatoes along with onion, celery and pickles, breaking up slightly with potato masher.

In small bowl, whisk together mayonnaise, mustard, vinegar, salt, pepper and paprika. Add to potatoes, mixing well. Refrigerate until chilled, about 1 hour.

PER SERVING: about 208 cal, 4 g pro, 13 g total fat (2 g sat. fat), 20 g carb, 2 g fibre, 75 mg chol, 634 mg sodium, 315 mg potassium. % RDI: 3% calcium, 6% iron, 5% vit A, 12% vit C, 11% folate.

Jalapeño Baked Beans

Prep: 15 minutes **Stand:** 1 hour
Cook: 2 hours
Makes: 10 to 12 servings

1 lb (500 g) **dried pinto beans**
2 **white onions,** chopped
6 slices **bacon,** chopped
4 **jalapeño peppers,** seeded and finely chopped
5 cloves **garlic,** minced
1 cup (250 mL) chopped **fresh coriander**
2 cups (500 mL) **dark beer**
1 cup (250 mL) chopped canned or ripe **tomatoes**
1¼ tsp (6 mL) **salt**

Place beans in saucepan; pour in enough water to cover by 3 inches (8 cm) and bring to boil. Boil for 5 minutes; remove from heat. Cover and let stand for 1 hour. (Or soak overnight in three times their volume of water.) Drain beans.

In large saucepan, bring beans, 10 cups (2.5 L) water and half of the onions to boil. Reduce heat to medium; simmer, adding more water if necessary to keep beans covered, until beans are tender, 1 to 1½ hours. Set aside.

In large saucepan or Dutch oven, fry bacon over medium-high heat until fat begins to render, 2 to 3 minutes. Add remaining onions; fry until lightly browned, about 8 minutes.

Add jalapeño peppers, garlic and coriander; fry for 2 minutes. »

Finally, a fresh breath feeling that lasts longer.

For a fresh breath feeling that lasts up to 5x longer* – and whiter teeth –
try new Crest Extra White + Scope Outlast.

*vs. brushing with a regular anti-cavity toothpaste

© Procter & Gamble, Inc., 2010

More at ebook-free-download.net or magazinesdownload.com

LOOK FOR

100% CANADIAN MILK

FOR GREAT LUNCHES

all you need is imagination – and Canadian cheese!

- Try Havarti for a new twist on Ham & Cheese
- Swiss and Crackers, for snacks or soup
- Cheddar and Fresh Fruit, in any lunchbox

For recipes, go to **allyouneedischeese.ca/lunchbox**

all you need is cheese®

More at ebook-free-download.net or magazinesdownload.com

Add beans with liquid, beer, tomatoes and salt; bring to boil. Reduce heat to medium; simmer, stirring occasionally, until thickened, 45 to 60 minutes.

PER EACH OF 12 SERVINGS: about 214 cal, 10 g pro, 6 g total fat (3 g sat. fat), 31 g carb, 9 g fibre, 8 mg chol, 348 mg sodium. % RDI: 6% calcium, 21% iron, 2% vit A, 15% vit C, 79% folate.

Fried Okra

Prep: 15 minutes
Cook: 15 minutes
Makes: 8 servings

1 lb (500 g) **fresh okra**
½ cup (125 mL) **cornmeal**
½ cup (125 mL) **all-purpose flour**
1 tsp (5 mL) **baking powder**
1 **egg**
1 cup (250 mL) **buttermilk**
Vegetable oil or lard
Salt

Trim tops and tails off okra. Cut each into thirds; set aside.

In large bowl, whisk together cornmeal, flour, baking powder and egg; stir in buttermilk until smooth.

Meanwhile, in skillet, heat enough oil to come 1 inch (2.5 cm) up side to 375°F (190°C). In batches, stir okra into buttermilk mixture. With fork or fingers, transfer okra to skillet, shaking off extra batter; fry until crispy and golden brown, about 3 minutes. Season with salt to taste.

PER SERVING: about 171 cal, 5 g pro, 9 g total fat (1 g sat. fat), 18 g carb, 3 g fibre, 26 mg chol, 75 mg sodium, 259 mg potassium. % RDI: 9% calcium, 6% iron, 5% vit A, 15% vit C, 28% folate.

Peach Cobbler

Prep: 20 minutes
Cook: 1¼ hours
Makes: 9 servings

7 cups (1.75 L) sliced peeled **peaches**
⅓ cup (75 mL) packed **brown sugar**
2 tbsp (30 mL) **all-purpose flour**
1 tbsp (15 mL) **lemon juice**

BISCUITS:
¾ cup (175 mL) **all-purpose flour**
½ cup (125 mL) **whole wheat flour**
3 tbsp (45 mL) packed **brown sugar**
1½ tsp (7 mL) **baking powder**
Pinch **salt**
¼ cup (60 mL) **butter,** cubed
½ cup (125 mL) **milk**

BISCUITS: In bowl, whisk together all-purpose and whole wheat flours, sugar, baking powder and salt. Using pastry blender or 2 knives, cut in butter until in coarse crumbs. Using fork, stir in milk to make ragged dough. Set aside.

In large bowl, toss together peaches, sugar, flour and lemon juice. Transfer to 8-inch (2 L) square glass baking dish. Bake in 350°F (180°C) oven for 20 minutes.

Drop dough by 9 heaping 1 tbsp (15 mL) onto hot fruit mixture. Bake until biscuits are golden and no longer wet underneath, about 50 minutes.

PER SERVING: about 225 cal, 4 g pro, 6 g total fat (4 g sat. fat), 42 g carb, 4 g fibre, 15 mg chol, 98 mg sodium, 343 mg potassium. % RDI: 6% calcium, 9% iron, 11% vit A, 10% vit C, 14% folate.

How to Peel Peaches

With slotted spoon, lower a few peaches at a time into pot of boiling water; blanch until skin starts to peel away, about 30 seconds. Submerge immediately in ice water until cool enough to handle; peel off skins. ■

100% CANADIAN MILK™

Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

More at ebook-free-download.net or magazinesdownload.com

Finally, a solution to achieve sustained weight loss!

When you struggle with your weight, the constant feeling of hunger can make sustained weight loss seem impossible. The Lap-Band can change all that.

Q: What is the Laparoscopic Adjustable Gastric Band?
A: This safe and effective procedure, also known as the Lap-Band, can help you to achieve permanent weight loss. Weight loss is achieved by helping with portion control, since you are satisfied after eating smaller meals.

Q: How does it work?
A: It's simple, really. In a minimally invasive procedure, a Lap-Band is placed around the upper stomach. This limits the stomach's capacity and results in an early and prolonged sense of fullness. The increased satiety and reduction in food intake leads to weight loss.

Q: What are the benefits?
A: No more yo-yo dieting! The Lap-Band is adjustable, reversible and can help you achieve weight loss of one to two pounds per week. Studies show that sustained weight loss can result in the improvement or resolution of many health risks associated with obesity, such as diabetes and hypertension.

Q: Is there any support after the surgery?
A: Yes! At Surgical Weight Loss Centre (SWLC), you'll have easy access to our experienced team of dedicated and specially trained professionals including our surgeons, clinical nurse specialists, patient coordinators, a dietitian and a wellness coach. Our team provides a high level of care to help you to improve your health, appearance and quality of life. We care about your success!

"The opportunity to provide an effective weight loss procedure to thousands of patients from across Canada and share in their success has been the most satisfying aspect of our surgical careers."

– Dr. Chris Cobourn and Dr. David Mumford, Surgeons, Surgical Weight Loss Centre.

DID YOU KNOW?

- **SWLC** has performed more than 2 600 Lap-Band procedures on patients from across Canada.
- People with a BMI greater than or equal to 30 are candidates for the Lap-Band Program.
- **SWLC** offers long-term coaching and nutritional support to all of their patients.
- **SWLC** offers phone consultations with our surgeons for long-distance patients.

SurgicalWeightLossCentre

CALL TODAY FOR A FREE CONSULTATION
1.888.285.7185 or visit us at www.lapband.ca

Disclaimer: This advertorial contains introductory information only. It is not intended to be relied upon or to replace a full discussion with one of our surgeons regarding whether the Lap-Band Program is right for you, and the possible associated benefits and risks.

More at ebook-free-download.net or magazinesdownload.com

tested till perfect

Dinner on a Budget

Add some stellar new twists to time-honoured ground beef.

BY THE TEST KITCHEN

PHOTOGRAPHY BY JIM NORTON

FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY LAURA BRANSON

Many flavours and textures meld deliciously in Eggplant and Tofu in Spicy Meat Sauce.

More at ebook-free-download.net or magazinesdownload.com

Knorr

WHAT'S FOR DINNER? Tonight

SEPTEMBER RECIPE

Knorr Chicken & Tomato Fettuccine

Prep Time: 15 minutes
Cook Time: 10 minutes
Serves 4

WHAT YOU NEED

1 package	Knorr Sidekicks Fettuccine Alfredo, prepared according to package directions
500 g/1 lb	boneless skinless chicken breasts, cut into bite-sized pieces
45 mL/3 Tbsp	prepared basil pesto
250 mL/1 cup	sliced mushrooms
250 mL/1 cup	cherry tomatoes
50 mL/¼ cup	chopped sun-dried tomatoes

HOW YOU MAKE IT

Step 1
Toss chicken with pesto in medium bowl.

Step 2
Cook chicken mixture in 12 inch (30 cm) nonstick skillet over medium heat, stirring frequently, 5 minutes or until chicken is almost cooked.

Step 3
Stir in mushrooms and tomatoes. Cook, stirring occasionally, 5 minutes or until chicken is thoroughly cooked.

Step 4
Toss with Knorr® Sidekicks® Fettuccine Alfredo.

Visit Knorr.ca to discover other great recipe ideas using our family of products.

Eggplant and Tofu in Spicy Meat Sauce

Prep: 10 minutes **Stand:** 15 minutes
Cook: 12 minutes
Makes: 4 servings
Cost: $1.92 per serving

* Lovers of spicy food can use chili oil instead of the sesame oil.

1 **eggplant** (about 12 oz/375 g), unpeeled
1 tsp (5 mL) **salt**
Half pkg (1 lb/500 g pkg) **firm tofu**
2 tbsp (30 mL) **vegetable oil**
½ tsp (2 mL) **hot pepper flakes**
8 oz (250 g) **lean ground beef**
3 cloves **garlic,** minced
1 tsp (5 mL) minced **gingerroot**
¼ tsp (1 mL) **pepper**
2 tbsp (30 mL) **dry sherry** (optional)
2 tbsp (30 mL) **soy sauce**
½ tsp (2 mL) **granulated sugar**
1 cup (250 mL) **sodium-reduced chicken broth**
2 tsp (10 mL) **cornstarch**
2 **green onions,** chopped
1 tsp (5 mL) **sesame oil**

Cut eggplant into ½-inch (1 cm) cubes. In bowl, toss eggplant with salt; let stand for 15 minutes. Rinse thoroughly under cold running water; drain in colander, pressing lightly.

Meanwhile, cut tofu into ½-inch (1 cm) cubes; set aside.

In wok or large skillet, heat vegetable oil over high heat; add hot pepper flakes. Add beef, garlic, ginger and pepper; stir-fry until beef is lightly browned, about 4 minutes. Add sherry (if using); cook for 1 minute. Add soy sauce and sugar; cook for 1 minute.

Add eggplant; stir-fry for 2 minutes. Add tofu and broth; cook, stirring gently to keep tofu in cubes, until eggplant is tender, about 3 minutes.

Mix cornstarch with 1 tbsp (15 mL) water; stir into sauce. Add green onions; cook for 1 minute. Stir in sesame oil.

PER SERVING: about 284 cal, 19 g pro, 19 g total fat (4 g sat. fat), 13 g carb, 3 g fibre, 34 mg chol, 870 mg sodium, 410 mg potassium. % RDI: 14% calcium, 19% iron, 2% vit A, 5% vit C, 15% folate.

Swedish Meatballs and Egg Noodles

Prep: 15 minutes
Cook: 19 minutes
Makes: 4 servings
Cost: $4.22 per serving

1 **egg**
¼ cup (60 mL) **dry bread crumbs**
1 small **onion,** grated
1 tbsp (15 mL) **Dijon mustard**
¼ tsp (1 mL) **ground allspice**
¼ tsp (1 mL) each **salt** and **pepper**
Pinch **nutmeg**
1 lb (500 g) **lean ground beef**
1 tbsp (15 mL) **vegetable oil**
6 cups (1.5 L) sliced **mushrooms** (about 1 lb/500 g)
½ tsp (2 mL) **dried thyme**
2 tbsp (30 mL) **all-purpose flour**
1½ cups (375 mL) **sodium-reduced beef broth**
½ cup (125 mL) **light sour cream**
4 cups (1 L) **cooked egg noodles**

In bowl, whisk together egg, bread crumbs, onion, mustard, allspice, half each of the salt and pepper, and the nutmeg; mix in beef. Roll by 1 tbsp (15 mL) into balls.

Knorr Every meal is an opportunity™

Trade-mark owned or used under license by Unilever Canada, Toronto, Ontario M4W 3R2

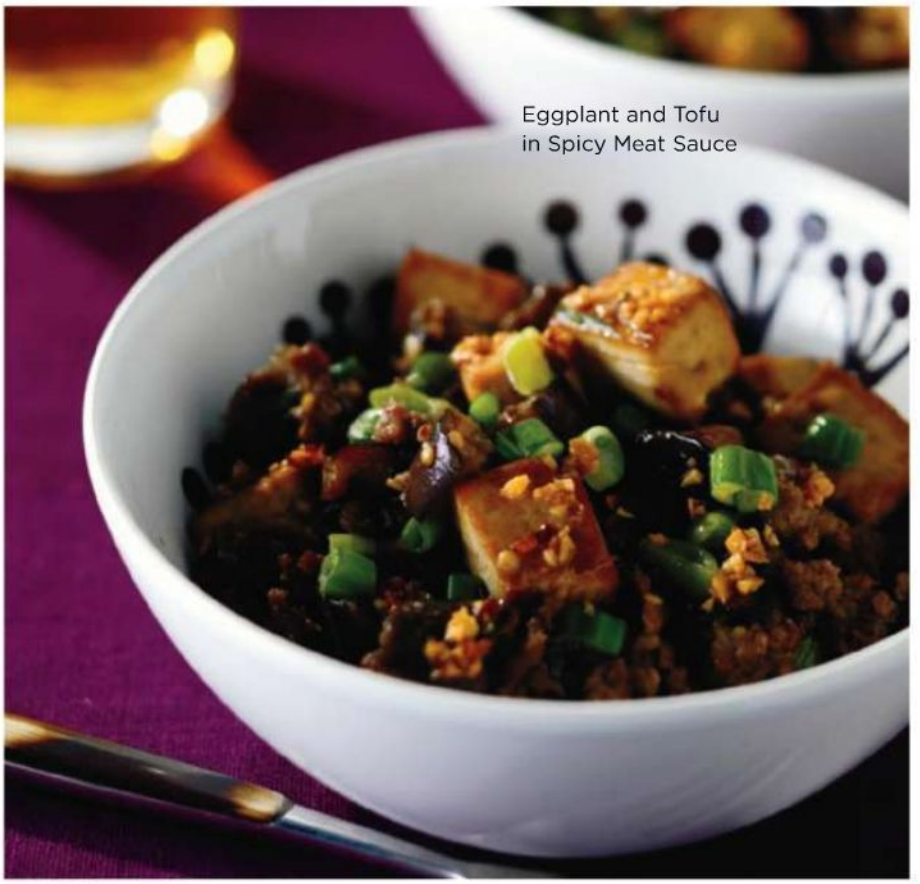
More at ebook-free-download.net or magazinesdownload.com

In large nonstick skillet, cook meatballs over medium-high heat, in batches and turning often, until digital thermometer inserted in a few registers 160°F (71°C), 6 to 8 minutes. Transfer to plate.

In same skillet, heat oil over medium-high heat; cook mushrooms, thyme and remaining salt and pepper, stirring occasionally, just until starting to brown and no liquid remains, about 10 minutes.

Sprinkle with flour; cook, stirring, until absorbed. Stir in broth and sour cream; cook, stirring, for 1 minute. Return meatballs to pan; cook, stirring and turning gently, until hot and sauce is thickened, about 2 minutes. Serve with noodles.

PER SERVING: about 608 cal, 38 g pro, 25 g total fat (8 g sat. fat), 57 g carb, 6 g fibre, 172 mg chol, 597 mg sodium, 754 mg potassium. % RDI: 12% calcium, 37% iron, 4% vit A, 5% vit C, 25% folate.



Eggplant and Tofu in Spicy Meat Sauce

Rosemary Beef Burgers with Jalapeño Mayonnaise

Prep: 10 minutes
Cook: 11 minutes
Makes: 4 servings
Cost: $1.96 per serving

1 **egg**
¼ cup (60 mL) **sodium-reduced beef broth**
1 small **onion,** grated
¼ cup (60 mL) **dry bread crumbs**
2 tsp (10 mL) finely chopped **fresh rosemary**
½ tsp (2 mL) each **salt** and **pepper**
1 lb (500 g) **lean ground beef**
4 **kaiser rolls** or hamburger buns

JALAPEÑO MAYONNAISE:
¼ cup (60 mL) **light mayonnaise**
2 tbsp (30 mL) chopped **fresh parsley**
1 tbsp (15 mL) minced **jalapeño pepper**
1 clove **garlic,** minced

In bowl, beat egg with beef broth. Stir in onion, bread crumbs, rosemary, salt and pepper; mix in beef. Shape into four ½-inch (1 cm) thick patties.

Place on greased grill over medium-high heat; close lid and cook, turning once, until digital thermometer inserted sideways into centre registers 160°F (71°C), about 10 minutes.

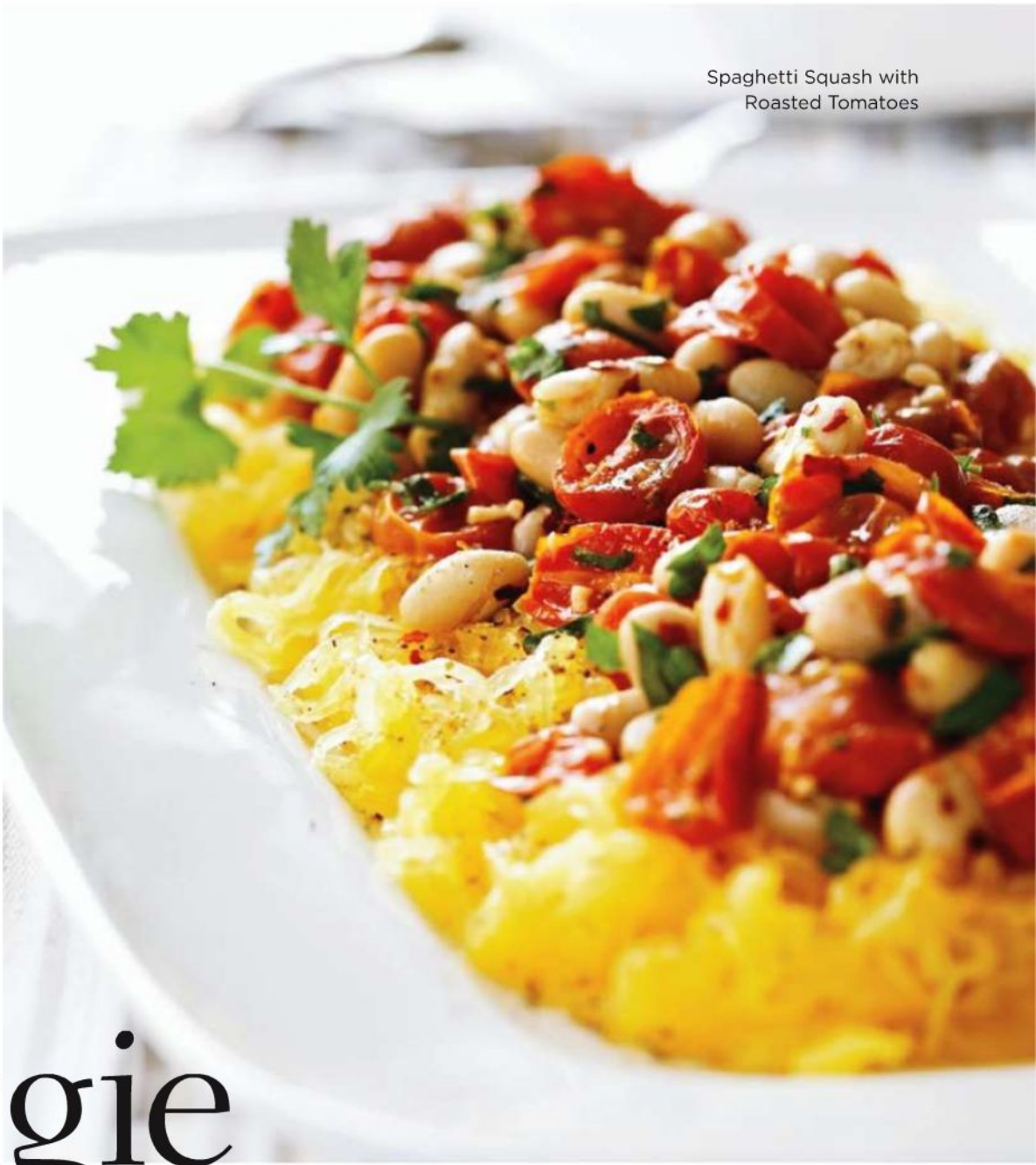
JALAPEÑO MAYONNAISE: Meanwhile, in small bowl, stir together mayonnaise, parsley, jalapeño pepper and garlic.

Cut rolls in half; toast, cut sides down, on grill until golden, 1 to 2 minutes. Spread jalapeño mayonnaise on cut sides. Place burgers on bottoms; sandwich with tops.

PER SERVING: about 534 cal, 30 g pro, 27 g total fat (9 g sat. fat), 41 g carb, 2 g fibre, 130 mg chol, 897 mg sodium, 419 mg potassium. % RDI: 10% calcium, 32% iron, 4% vit A, 8% vit C, 39% folate. ■

More at ebook-free-download.net or magazinesdownload.com

More at ebook-free-download.net or magazinesdownload.com



Spaghetti Squash with Roasted Tomatoes

Veggie Delights

tested till perfect

Sneak a peek at some of the luscious recipes in our newest cookbook, *The Vegetarian Collection.*

BY ALISON KENT & THE TEST KITCHEN

PHOTOGRAPHY BY FELIX WEDGWOOD

FOOD STYLING BY LUCIE RICHARD | PROP STYLING BY LAURA BRANSON

More at ebook-free-download.net or magazinesdownload.com

Meatless Polpette in Tomato Sauce

Prep: 15 minutes **Chill:** 30 minutes **Cook:** 50 minutes **Makes:** 4 to 5 servings

Polpette, or Italian meatballs, are fantastic with a side of sautéed rapini or other leafy greens. Or serve with cooked pasta, quinoa or rice.

2 cups (500 mL) **dry bread crumbs**
½ cup (125 mL) grated **Parmesan cheese**
1 tsp (5 mL) **baking powder**
¼ tsp (1 mL) **salt**
2 **eggs**
1 cup (250 mL) **milk**
¼ cup (60 mL) chopped **fresh parsley**
¼ cup (60 mL) **olive oil**

TOMATO SAUCE:
1 tbsp (15 mL) **olive oil**
1 **onion,** diced
1 clove **garlic,** minced
1 can (28 oz/796 mL) **crushed tomatoes**
1 can (5½ oz/156 mL) **tomato paste**
½ cup (125 mL) **dry white wine**
1 tsp (5 mL) **salt**
2 tbsp (30 mL) **fresh basil leaves,** sliced

Mix together bread crumbs, Parmesan cheese, baking powder and salt; stir in eggs, milk and parsley. With oiled hands, shape into 20 balls; place on tray. Refrigerate for 30 minutes.

TOMATO SAUCE: In large saucepan, heat oil over medium heat; fry onion and garlic until onion is softened, about 3 minutes. Add 1½ cups (375 mL) water, tomatoes, tomato paste, wine and salt; simmer until thickened, about 25 minutes.

Meanwhile, in large skillet, heat oil over medium-high heat; fry balls, turning often, until golden all over, about 4 minutes. Using slotted spoon, transfer to sauce. Cover and simmer until firm inside, about 20 minutes. Stir in basil.

PER EACH OF 5 SERVINGS: about 459 cal, 18 g pro, 20 g total fat (5 g sat. fat), 56 g carb, 7 g fibre, 87 mg chol, 1,405 mg sodium, 1,125 mg potassium. % RDI: 34% calcium, 44% iron, 25% vit A, 43% vit C, 38% folate.

More at ebook-free-download.net or magazinesdownload.com

Quinoa Cakes with Lemon Yogurt Sauce

Prep: 25 minutes **Chill:** 1 hour
Cook: 35 minutes
Makes: about 8 servings

* These delicate cakes may crumble a bit while being formed but will firm up during frying. Alongside a leafy green salad, serve two cakes for lighter appetites or three for hungrier folks.

1½ cups (375 mL) **quinoa**
1½ cups (375 mL) **vegetable broth**
½ cup (125 mL) **olive oil**
Half **onion,** chopped
3 cloves **garlic,** minced
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**
3 cups (750 mL) trimmed **fresh spinach**
3 **eggs**
¼ cup (60 mL) grated **Parmesan cheese**
2 tbsp (30 mL) **all-purpose flour**
1½ tsp (7 mL) **baking powder**
¼ tsp (1 mL) grated **lemon rind**
1 tbsp (15 mL) toasted **sesame seeds,** pine nuts or sliced almonds

LEMON YOGURT SAUCE:
1½ cups (375 mL) **Balkan-style plain yogurt**
⅓ cup (75 mL) thinly sliced **green onions**
1 tbsp (15 mL) **lemon juice**
Pinch each **salt** and **pepper**

In fine sieve, rinse quinoa under cold water; drain. In saucepan, bring quinoa, broth and 1½ cups (375 mL) water to boil. Reduce heat; simmer, covered, for 15 minutes. Drain in fine sieve; let cool completely in sieve.

Meanwhile, in skillet, heat 1 tbsp (15 mL) of the oil over medium heat; fry onion, garlic, salt and pepper, stirring occasionally, until onion is softened, about 4 minutes. Add spinach; cook, stirring, until wilted and no liquid remains, about 3 minutes. Let cool; coarsely chop.

LEMON YOGURT SAUCE: Stir together yogurt, onions, lemon juice, salt and pepper. Set aside in refrigerator.

In large bowl, whisk together eggs, Parmesan cheese, flour, baking powder and lemon rind; fold in quinoa and spinach mixture. With wet hands, form into 16 cakes; transfer to waxed paper–lined tray. Refrigerate for 1 hour.

In nonstick skillet, heat half of the remaining oil over medium-high heat; fry half of the cakes, turning once with 2 spatulas, until golden, about 8 minutes. Keep warm on baking sheet in 200°F (100°C) oven. Repeat with remaining oil and cakes. Serve drizzled with Lemon Yogurt Sauce and sprinkled with sesame seeds.

PER SERVING: about 353 cal, 11 g pro, 22 g total fat (5 g sat. fat), 30 g carb, 3 g fibre, 81 mg chol, 366 mg sodium, 454 mg potassium. % RDI: 17% calcium, 29% iron, 17% vit A, 7% vit C, 24% folate.

Spaghetti Squash with Roasted Tomatoes

Prep: 15 minutes
Cook: 1 hour
Makes: 6 servings

* Stir ¼ cup (60 mL) grated Parmesan cheese or nutritional yeast into the cooked and shredded squash if desired. Both offer lovely cheesy, nutty flavour.

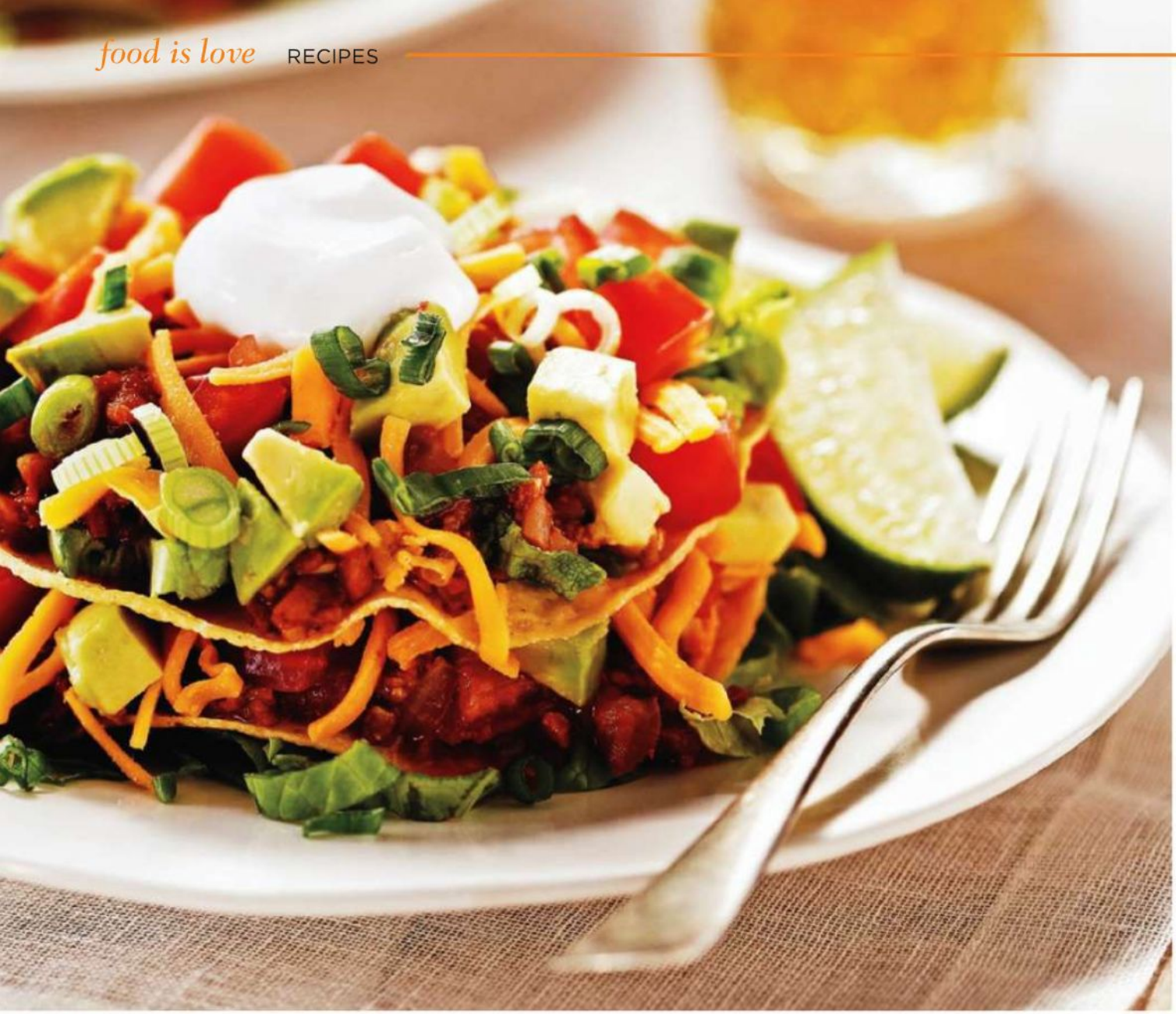
1 **spaghetti squash** (2½ lb/1.25 kg)
½ tsp (2 mL) each **salt** and **pepper**
4 cups (1 L) **grape tomatoes** or cherry tomatoes, halved
3 cloves **garlic,** minced
2 tbsp (30 mL) **olive oil**
1 tbsp (15 mL) **red wine vinegar**
¼ tsp (1 mL) **hot pepper flakes**
1 can (19 oz/540 mL) **white kidney beans** or navy beans, drained and rinsed
3 tbsp (45 mL) chopped **fresh parsley**

Halve and seed squash. Bake, cut side down, on greased baking sheet in 400°F (200°C) oven until flesh is tender when pierced, about 1 hour. Using fork, scrape strands into bowl; stir in half each of the salt and pepper. Keep warm.

Meanwhile, in 13- x 9-inch (3 L) glass baking dish, toss together tomatoes, garlic, oil, vinegar, hot pepper flakes and remaining salt and pepper. Roast in 400°F (200°C) oven for 30 minutes. Stir in beans and parsley; roast until beans are heated through and tomatoes are shrivelled, about 10 minutes. Mound squash on platter; spoon tomato mixture over top.

PER SERVING: about 166 cal, 6 g pro, 6 g total fat (1 g sat. fat), 26 g carb, 8 g fibre, 0 mg chol, 428 mg sodium, 588 mg potassium. % RDI: 6% calcium, 13% iron, 11% vit A, 33% vit C, 22% folate. »

More at ebook-free-download.net or magazinesdownload.com



Mexican Tostada Salad

Prep: 15 minutes
Cook: 10 minutes
Makes: 5 servings

Layered with taco-style ingredients, this colourful salad is bursting with fresh market vegetables. Sturdier lettuce, such as iceberg, romaine or leaf, is best here. No tostadas? Use handfuls of tortilla chips or broken taco shells. If desired, garnish with spoonfuls of sour cream or plain yogurt and lime wedges.

2 tbsp (30 mL) **vegetable oil**
Half **onion,** diced
2 cloves **garlic,** minced
2 tsp (10 mL) **chili powder**
½ tsp (2 mL) **ground coriander**
1 pkg (340 g) **precooked soy protein mixture** (such as Yves Veggie Ground Round)
¾ cup (175 mL) **tomato juice**
5 cups (1.25 L) shredded **lettuce**
10 **tostadas**
½ cup (125 mL) **salsa**
½ cup (125 mL) shredded **old Cheddar cheese** or Monterey Jack cheese
1 **avocado,** peeled, pitted and chopped
2 **plum tomatoes** or vine-ripened tomatoes, chopped
2 **green onions,** sliced

In skillet, heat oil over medium heat; fry onion and garlic, stirring occasionally, for 3 minutes. Add chili powder and coriander; fry until »

HAS YOUR TEEN DECLARED HERSELF A VEGETARIAN?
We have expert nutrition tips for young vegetarians, plus more great recipes she'll love. Visit canadianliving.com/september for these, and enter for a chance to win one of five copies of *The Vegetarian Collection.*

More at ebook-free-download.net or magazinesdownload.com

gotta be KD

NEW WHOLE WHEAT KD CUPS.

The cheesy KD taste that kids love, in a quick, convenient cup that you'll love! Made with 100% whole wheat, these KD cups are a source of fibre you'll reach for when they say, "Gotta be KD."

More at ebook-free-download.net or magazinesdownload.com

Canadian Living
CONTEST

You could win *a Disney Parks dream vacation* from Canadian Living

We've got your winning recipe

Visit us online and check out the ingredients for your most magical Disney vacation. You just might find yourself creating a lifetime of memories with your family at the *Walt Disney World* Resort in Florida or *Disneyland* Resort in California.

Enter for your chance to win a vacation dream come true at canadianliving.com/dreamvacation

*No purchase required. Contest ends September 17, 2010. Contest is open to all legal residents of Canada, 18 years of age or older. Enter online at www.canadianliving.com/dreamvacation. There is one (1) vacation package available to be won. The winner of the contest will have their choice of one (1) vacation package to *Walt Disney World* Resort in Florida or one (1) vacation package to *Disneyland* Resort in California (Approx. retail value of the vacation package to *Walt Disney World* Resort in Florida is CDN$10,601.61 and approx. retail value of the vacation package to *Disneyland* Resort in California is CDN$10,094.61). Correct answer to mathematical skill-testing question required. Odds of winning depend upon the number of eligible online entries received. Visit www.canadianliving.com for eligibility requirements and complete contest rules.

As to Disney properties/artwork: ©Disney

More at ebook-free-download.net or magazinesdownload.com

onion is softened, about 2 minutes. Add soy protein mixture and tomato juice, breaking up soy mixture with spoon. Cook until very thick, about 5 minutes.

Place small handful lettuce on each of 5 plates or shallow bowls. Top each with 1 tostada, another handful of the remaining lettuce, ¼ cup (60 mL) of the soy protein mixture, then some each of the salsa, cheese, avocado, tomatoes and green onions. Repeat layers once.

PER SERVING: about 376 cal, 19 g pro, 22 g total fat (5 g sat. fat), 29 g carb, 10 g fibre, 12 mg chol, 788 mg sodium, 865 mg potassium. % RDI: 17% calcium, 34% iron, 14% vit A, 25% vit C, 37% folate.

Spinach Pesto Fusilli with Ricotta

Prep: 12 minutes
Cook: 10 minutes
Makes: 8 servings

- 2 pkg (each 454 g) **fusilli**
- 1 bag (10 oz/284 g) **fresh spinach,** trimmed
- 2 tbsp (30 mL) **extra-virgin olive oil**
- 3 cloves **garlic,** minced
- 2 tbsp (30 mL) chopped **fresh basil**
- 1 tsp (5 mL) **salt**
- ½ tsp (2 mL) **pepper**
- 1 cup (250 mL) **ricotta cheese**
- ¾ cup (175 mL) grated **Parmesan cheese**
- 2 tbsp (30 mL) **lemon juice**
- 2 tbsp (30 mL) toasted **pine nuts**

In large pot of boiling salted water, cook pasta until al dente, 8 to 10 minutes. Reserving ½ cup (125 mL) of the pasta cooking liquid, drain; return pasta to pot.

Meanwhile, rinse spinach; shake off excess water. In large saucepan or Dutch oven, heat half of the oil over medium heat; fry garlic, stirring, until fragrant, about 30 seconds. Stir in spinach and basil; cook, covered, for 2 minutes.

Uncover and cook, stirring, until no liquid remains, about 2 minutes. Transfer to food processor. Add remaining oil, salt and pepper; purée until smooth. Add reserved pasta cooking liquid; blend well.

Add spinach mixture to pasta along with ¾ cup (175 mL) of the ricotta cheese, Parmesan cheese and lemon juice; toss to coat. Serve topped with remaining ricotta and pine nuts.

PER SERVING: about 547 cal, 21 g pro, 12 g total fat (4 g sat. fat), 88 g carb, 6 g fibre, 19 mg chol, 722 mg sodium, 315 mg potassium. % RDI: 17% calcium, 41% iron, 40% vit A, 8% vit C, 129% folate.■

Look for *The Vegetarian Collection* (Transcontinental, 2010, $22.95) wherever books are sold across Canada.

Advertisement

College of Dietitians of Ontario

We regulate Registered Dietitians

Why it matters

We set and enforce standards for Registered Dietitians.

Registered Dietitians are the only regulated nutrition profession in Ontario.

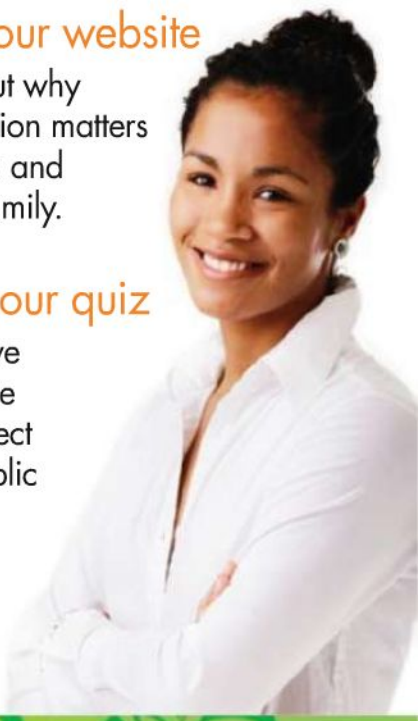
The RD after their name means safe, science-based nutrition for healthy eating.

Visit our website

Find out why regulation matters for you and your family.

Take our quiz

How we regulate to protect the public



www.mydietitian.ca

More at ebook-free-download.net or magazinesdownload.com

More at ebookfree-download.net or magazinesdownload.com

Food Matters

GREAT GADGET: NAPOLEON SMOKER TUBE, $14

Adding smokehouse taste to barbecued foods (such as our Texas Barbecue Brisket, page 173) is a cinch with this perforated stainless-steel smoker tube. First, fill it with your chosen wood chips or pellets. Then let the hickory, apple wood or other smoke waft evenly inside your gas or electric grill. Keep the lid down to infuse meat, fish and poultry with wonderful smoky flavour and aroma. **Tip:** Soak wood chips or pellets in water for 30 minutes so that they smoke rather than flare up.

TOMATO TUTORIAL

If you're lucky enough to have a vegetable garden or farmer's market nearby, here are some creative ways to use up the harvest's tsunami of beefsteaks, brandywines and Mr. Stripeys – and keep them fresh.

- **Follow your nose.** A good tomato has a fresh, green aroma and shiny, unblemished skin. It should feel firm but supple when squeezed.
- **Store on the counter.** Refrigerated tomatoes lose flavour and become mealy. Instead, store them at room temperature out of direct sunlight, which dries them out. To quickly ripen underripe tomatoes, place in a paper bag with a ripe tomato for a day or two.
- **Prepare simply.** Slice ultrafresh tomatoes; add overripe ones to juices and sauces. Salt and salty things – such as capers, cheese and anchovies – emphasize tomatoes' sweet flavour; heavy dressings just cover it up. To show off tomatoes (especially if serving several varieties), just add one or more of the following: salt and pepper; a drizzle of good olive oil; a tiny splash of wine vinegar; sliced fresh mozzarella or shaved Asiago; or torn or minced fresh herbs, such as basil, oregano or marjoram.
- **Roast to intensify flavour.** If your tomatoes are waterlogged or flavourless, roast them. Serve on salads or with grilled foods. Simply cut four plum or large tomatoes (or about 2 cups/500 mL cherry tomatoes) in half lengthwise. Arrange in foil-lined metal pan. Drizzle with about 1 tbsp (15 mL) extra-virgin olive oil; sprinkle with ¼ tsp (1 mL) each salt and pepper. Roast in 450°F (230°C) oven until tender and slightly shrivelled, 40 to 50 minutes.

PHOTOGRAPHY, MARTIN POOLE/THINKSTOCK (TOMATOES)

More at ebook-free-download.net or magazinesdownload.com

off the shelf

Fall Fare Wines

Our sommelier, Anne Martin, shares some tasty wines to pair with blue cheese and vegetarian dishes.

1. **With strong blue cheeses:** Taylor Fladgate 10 Year Old Tawny Porto, Portugal, $39.
2. **With delicate blue cheeses:** Cave Spring Indian Summer Select Late Harvest Riesling 2007 (375 mL), Niagara Peninsula, Ont., $25.
3. **With greens:** Villa Maria Private Bin Sauvignon Blanc 2009, Marlborough, New Zealand, $18.
4. **With salads and root vegetables:** Loron et Fils Bourgogne Blanc Chardonnay 2009, Burgundy, France, $15.
5. **With mushrooms and grilled vegetables:** Prospect Winery Fats Johnson Pinot Noir 2007, Okanagan Valley, B.C., $17.

BLUE CHEESE: WHICH WINE?

Blue cheeses are complex and strong, with earthy, salty and, at times, slightly bitter flavours that are tricky to pair with wine. The safest bet: Choose an "opposite" wine that's sweet and fruity with good acidity. A Sauternes from Bordeaux, France, is a classic partner, but other lovely choices include late-harvest wines from Ontario or Germany, as well as sweet sherries and Madeira. Port can be excellent with blues; choose ruby or tawny styles, or splurge on a vintage.

Sweet dessert wines also complement blue cheeses. Most regions make one; try Hungarian Tokay or Italian Vin Santo. Experiment with weights and flavour intensities to find your perfect match.

Reds require more caution, as salt in the cheese can turn tannins bitter. Look for fruity, somewhat spicy reds that are lower in tannin, such as Zinfandel, Amarone, Grenache and some types of Shiraz. – *A.M.*

PAIRING WINE WITH VEGETARIAN DISHES

Many of us are eating less meat and adding more vegetables to our diets. Some are going cold turkey (ahem) on animal products altogether. But we still want good wine that enhances meals.

Meat-free dishes are usually lighter, so they match well with leaner, greener wines from cooler climates, such as the Loire Valley, Burgundy and Alsace in France; Ontario; and New Zealand. Some grapes go particularly well with vegetables. For whites, try Grüner Veltliner, Sauvignon Blanc, dry Muscat or Pinot Grigio. For reds, try Pinot Noir, Barbera, Gamay, Cabernet Franc or Tempranillo. Older, more mature reds, or lighter vintages, which are softer and less tannic, won't overpower dishes with subtle flavours.

Since vegetarian dishes lack animal protein and fat, they require creative preparation if you want to pair them with heavier whites and tannic reds. Cheese, mushrooms, tomato-based sauces and grains can help bridge this gap. – *A.M.*

More at ebook-free-download.net or magazinesdownload.com

Canadian Living
ADVANTAGE
Get the Most Out of Living

Exclusive Event for *Canadian Living* Subscribers

HEALTH + WELLNESS

yoga in the park

Aveeno
ACTIVE NATURALS

Nature has the power to make life beautiful!

Join Canadian Living for an outdoor yoga class and gourmet picnic! Discover natural beauty and well-being in your everyday life and balance your core with a *Spynga* yoga guru.

After your class, energize with a gourmet picnic prepared by celebrity chef Mark McEwan using fresh ingredients from *McEwan Foods*. Then prepare to relax with nourishing hand massages and hand soaks featuring AVEENO® products.

Plus! Receive a gift bag including:
AVEENO® products, a gift card to McEwan Foods, *Canadian Living's Eat Right Volume* 3 cookbook, the *Nature Walk Journal*, and a one week yoga pass to *Spynga*. Gift bag value: $145

Please bring your own yoga mat, and arrive in your yoga gear!

When: Sunday, September 12
11:00 am – 2:00 pm

Where: The Stop's Green Barn, Barn #2
601 Christie Street, Toronto

Price: $49

To purchase tickets visit
www.canadianliving.com/advantage
or call 1-866-277-3216

spynga
the yoga & cycling studio

THE STOP
COMMUNITY FOOD CENTRE

RANDOM HOUSE OF CANADA LIMITED

Become a *Canadian Living* Advantage member. Register today – it's FREE!
www.canadianliving.com/advantage

Not a *Canadian Living* subscriber? Subscribe today and get the most out of living!
1-800-387-6332

More at ebook-free-download.net or magazinesdownload.com

Popcorn Poppers

test driven

HOT AIR

RIVAL POPCORN POPPER, $27, is a compact countertop air popper that makes 16 cups (4 L) of hot, healthy popcorn in about three minutes – without oil or butter. If you choose to indulge, there is a handy built-in butter well on top.

STOVE TOP

GENUINE WHIRLEY-POP ORIGINAL HAND-CRANKED POPPING MACHINE, 6-QUART CAPACITY, $29, cooks up fluffy popcorn that's as much fun to make as it is to eat. This stove-top aluminum pan features a stainless-steel hand crank and pops over high heat with just a little oil and minimal effort. The hardwood handle stays cool, and steam vents keep corn crisp. Ideal for the cottage or chalet, or for family movie night.

HOT OIL

WEST BEND STIR CRAZY CORN POPPER, 6-QUART CAPACITY, $45, is for lovers of oil-popped corn. This popper has a nonstick surface and a motorized stirring rod that does all the work for you. The handles and base are heat-resistant, and there's a built-in butter well on top if you really want to go to town.

For shopping information, see page 197

YOU COULD WIN!

Visit canadianliving.com/september and enter for a chance to win this barbecue basket from McCormick Canada, maker of everyone's favourite Club House La Grille Montreal Steak Spice. The basket (a $100 value) is stuffed with everything you need to grill and thrill: a fantastic assortment of McCormick's tasty spice blends, marinades, seasonings and sauces; barbecue tools; and a copy of our brand new cookbook, *The Barbecue Collection*.

PHOTOGRAPHY, EDWARD POND (BOTTOM)

More at ebook-free-download.net or magazinesdownload.com

You win.

Full-size protection. Only cuter.

Mother Nature doesn't stand a chance against Compak Pearl.® With a 40% smaller applicator,* it still packs some powerful protection. Just click it open and it's ready to go.

Outsmart Mother Nature

TAMPAX

*vs. Tampax Pearl®

©2010 Tampax is a registered trademark of the Procter & Gamble Company

More at ebook-free-download.net or magazinesdownload.com

Canadian Living
CONTEST

WIN A TRIP DOWN UNDER TO SEE LILITH FAIR!

Sarah McLachlan's new album features 12 new tracks including the single LOVING YOU IS EASY, plus FORGIVENESS, HEARTBREAK and more!

This fabulous prize includes:

- Roundtrip airfare to Sydney, Australia
- 5 nights hotel accommodation
- 2 tickets to see Sarah McLachlan peform live at Lilith Fair, plus an in-person meet & greet with Sarah
- $500 (Cdn) spending money

PLUS 5 secondary prizes of Sarah's new CD "Laws of Illusion" and a beautiful tote bag

Co-founded by Canadian music icon Sarah McLachlan, Lilith Fair is a celebration of women in music and, in its ten year history, has raised more than 10 million dollars for national and local charities.

ENTER NOW AT CANADIANLIVING.COM

No purchase necessary. Contest ends August 25th, 2010. Contest is open to all legal residents of Canada, 18 years of age or older. Enter online at www.canadianliving.com. There is one (1) grand prize available to be won. (Approx. retail value of the grand prize is CDN$7,500). Correct answer to mathematical skill-testing question required. Odds of winning depend upon the number of eligible online entries received. Visit www.canadianliving.com for eligibility requirements and complete contest rules

NETTWERK

Lilith

SONY MUSIC

More at ebook-free-download.net or magazinesdownload.com

Sources

beauty is everywhere

Runway, Your Way

Pages 33 to 37:
Nixxi, nixxi.ca. **H&M,** hm.com. **Blank NYC,** blanknyc.com. **Echo,** echodesign.com. **Roots,** roots.com. **Lia Sophia,** liasophia.com. **Feet First,** feetfirstshoes.com. **Spanner,** spanner.ca. **Lundström,** lundstrom.ca. **Old Navy,** oldnavy.ca. **Secret,** mass-market retailers and department stores; secretlegwear.com. **Payless,** canada.payless.com. **Lilliput Hats,** lilliputhats.com. **Mondor,** mondor.com. **Ecco,** eccocanada.com. **Danier,** danier.com. **Esprit,** esprit.com. **Linea Pelle,** lpcollection.com. **Geox,** geox.com.

Shades of Fall

Pages 41 to 46:
Bolongaro Trevor, bolongarotrevor.com. **Cover Girl, L'Oréal Paris, Maybelline New York, Revlon** and **Marcelle,** major drugstores and mass-market retailers. **Avon,** avon.ca. **Chanel,** select department stores. **The Body Shop,** thebodyshop.ca. **M.A.C,** mac cosmetics.ca. **Clarins,** ca.clarins.com. **Cover FX,** coverfx.com. **Lundström,** lundstrom.ca. **Pam Chorley's Fashion Crimes,** fashioncrimes.ca. **Joe Fresh Style,** joe.ca. **Mary Kay,** marykay.ca. **Quo,** exclusive to Shoppers Drug Mart. **Bourjois Paris,** select Shoppers Drug Mart beauty boutiques. **Stila,** Shoppers Drug Mart; Sephora; beautymark.ca.

Editor's Choice

Pages 51 and 52:
Burt's Bees and **NeoStrata,** major drugstores and mass-market retailers. **Archipelago** and **Ole Henriksen,** beautymark.ca. **John Masters Organics,** johnmasters.ca. **Korres** and **Pangea Organics,** Sephora, sephora.com. **Etival Laboratoire,** Shoppers Drug Mart and Murale. **Alyria,** alyria-med.com. **SkinCeuticals,** dispensing doctors' offices, medical spas and premium spas. **Exuberance,** exuberance beauty.com. **Priori Skincare,** prioriskincare.com. **Baléa,** Shoppers Drug Mart. **Kiehl's,** kiehls.com. **Derma E,** dermae.net.

Style Matters

Pages 57 to 60:
Butter London, butter london.ca. **Jacob,** jacob.ca. **Press,** pressfashions.com. **Paige Denim,** paigeusa.com. **Esprit,** esprit.com. **Bensimon,** 1-800-335-7268. **Cassis,** cassis.ca. **Payless,** canada.payless.com. **Roots,** canada.roots.com. **Danier,** danier.com. **French Connection,** french connection.com. **Aldo,** aldoshoes.com. **Ellington,** ellingtonhandbags.com. **Victoria's Secret,** victoriassecret.com. **Maybelline** and **Cover Girl,** drugstores and mass-market retailers. **Lancôme,** lancome.ca.

health is happiness

Health Matters

Page 88:
Cuddle Down, cuddle down.ca. **Tempur-Pedic,** tempurpedic.ca. **Magniflex,** magniflex.com.

life is for living

Life Matters

Page 114:
MEC, mec.ca. **Obus Forme,** Walmart; drugstores. **JanSport,** jansport.com.

home is pride

Castoffs to Collectibles

Pages 119 to 124:
Lynda Felton, Toronto, (416) 405-9687, lyndafelton.com.

Windows of Opportunity

Page 127:
Simardone Custom Furniture, Toronto, (416) 588-9111, simardone design.com. **Vika Hyttan/ Vika Fintorp table, Barometer lamp** and **Tobias chair,** Ikea, ikea.ca.

Home Matters

Page 136:
Ryobi, ryobitools.com; homedepot.ca. **Craftsman,** sears.ca. **Ridgid,** ridgid.com; homedepot.ca.

food is love

Food Matters

Pages 191 to 194:
Home Hardware, homehardware.ca. **Rival,** Sears, sears.ca.

Whirley-Pop, Golda's Kitchen, goldaskitchen.com. **West Bend,** Home Hardware, homehardware.ca.

Research photography shot with Olympus cameras, courtesy of **Olympus Canada Inc.**

OLYMPUS

41

More at ebookfreedownload.net or magazinesdownload.com

eSource

If you'd like more information about our advertisers, here's how to contact them.

AERIUS
www.aerius.ca

ARDMONA HEALTHY OPTIONS
www.spchealthyoption.ca

AVEENO
www.aveeno.ca

BECEL
www.becel.ca

BIO-OIL
www.bio-oil.com

BREYERS ICE CREAM
www.breyersicecream.ca

CETAPHIL
www.cetaphil.ca

CHAPMAN'S ICE CREAM
www.chapmans.ca

COVER GIRL
www.covergirl.ca

DAIRY FARMERS OF CANADA
www.dairygoodness.ca/en

EPIPEN
www.epipen.ca

FITNESS DEPOT
www.fitnessdepot.ca

FORD
www.ford.ca

GARNIER
www.garnier.ca

JOE FRESH
www.joe.ca

KNORR
www.knorr.ca

MCCORMICK'S CLUB HOUSE
www.clubhouse.ca

MUSIC FOR YOUNG CHILDREN CONTEST
http://contests.citytv.com/mfyc2010

NESTLE
www.nestle.ca

NEW BALANCE CANADA INC.
www.newbalance.ca

PILLER'S MEATS
www.pillers.com

RESTORALAX
www.restoralax.ca

SEARS
www.sears.ca

SPECIAL K
www.specialk.ca

SURGICAL WEIGHT LOSS CENTRE
www.obesitysurgery.ca

SWISS HERBAL
www.swissherbal.ca

Canadian Living

Canadian Living your way

FRAGRANCE SAMPLES

Some issues of *Canadian Living* Magazine include perfume strips. If you prefer to receive your copy of the magazine without perfume strips, please write to us at the address listed below.

PROTECTIVE WRAPPER

We sometimes mail your issue in a protective wrapper. If you prefer to receive your copy of the magazine without a wrapper, please write to us at the address listed below.

PRIVACY POLICY

On occasion, we make our subscriber list available to carefully screened organizations whose product or service might interest you. If you prefer that we not share your name and address (postal and/or email), you can easily remove your name from our mailing lists by reaching us at any of the listed contact points. You can review our complete Privacy Policy at canadianliving.com.

ENVIRONMENTAL POLICY

This magazine is printed on paper that has been classified GOLD according to Transcontinental's Classification of Environmental Papers. The fibres used in its production are 100 per cent certified in compliance with the chain of custody PwC-ICoC: 2005tm. These certified fibres come from forests managed under one or more of the following certifications: CSA, SFI and FSC. Transcontinental encourages the use of environmentally friendly paper.

SUBSCRIPTION EXPIRY

You can determine when your subscription expires by checking the mailing label. Our mailing labels are often printed several weeks before the issue is mailed, so please allow six to eight weeks for renewals and changes of address to avoid missing an issue.

BILLING & RENEWAL NOTICES

- Invoices and renewal notices are generated one week before they're mailed to subscribers. With delivery time, it's possible that your payment or renewal order will cross in the mail with our notice. If you receive yet another notice, please let us know immediately.
- If there's any other way we can be of service please let us know.
- We're At Your Service on the web. Visit us at canadianliving.com and click on Manage Your Subscription or mail or call us at (please include your mailing information to help us locate your file quickly):

By mail: Canadian Living
P.O. Box 816
Markham Station
Markham, Ont.
L3P 7Z8

By phone: (905) 946-0275

PUBLICATION MAIL AGREEMENT # 40064924
REGISTRATION # 08967
RETURN UNDELIVERABLE CANADIAN ADDRESSES TO:
CANADIAN LIVING
25 SHEPPARD AVE. W., SUITE 100
TORONTO M2N 6S7

POSTAL AND SUBSCRIPTION INFORMATION

For subscriber service, call (905) 946-0275 weekdays, 9 a.m. to 5 p.m. Contents © 2010. All rights reserved. Materials submitted for consideration should be accompanied by a self-addressed stamped envelope. Publishers cannot accept responsibility for unsolicited materials. Subscriptions in Canada, one year $27.98 (plus tax). In the United States, one year $37 (payable in advance). In all other countries, one year $59 (payable in advance). Send subscription orders to Canadian Living, Subscription Dept., P.O. Box 816, Markham Station, Markham, Ont. L3P 7Z8. Subscribers, send address changes and inquiries to the above address, including mailing label from latest issue. Allow 6 weeks for corrections. Issues dating back to 2000, when available, can be purchased for $7 each; send request to P.O. Box 816, Markham Station, Markham, Ont. L3P 7Z8. Member, Audit Bureau of Circulations.

Transcontinental
transcontinental-media.com

More at ebook-free-download.net or magazinesdownload.com

Recipe Index

SEPTEMBER 2010

■ = quick (30 minutes or less) ■ = easy ■ = vegetarian

Beef
- Eggplant and Tofu in Spicy Meat Sauce 180
- Rosemary Beef Burgers with Jalapeño Mayonnaise 181
- Swedish Meatballs and Egg Noodles 180
- Texas Barbecue Brisket 172

Breads, Quick
- Carrot Gingerbread Muffins 141
- Cornmeal and Whole Wheat Quick Bread 144
- Cranberry Seed Muffins 143
- Lemon Yogurt Loaf 141

Cakes & Desserts
- Peach Cobbler 177
- Sour Cream Chocolate Chunk Crumb Cake 141
- Sour Cream Chocolate Crumb Cake 141

Condiments
- Butter Provençale 162
- Indian-Spiced Olive Oil with Butter 162
- Lime Chili Butter 162
- Pesto Butter 162

Eggs
- Corn Bacon Quiche 164

Grains & Legumes
- Jalapeño Baked Beans 175
- Meatless Polpette in Tomato Sauce 184
- Quinoa Cake with Lemon Yogurt Sauce 185

Fish & Seafood
- Mussels Steamed with Fennel, Lovage and Cherry Tomatoes 147

Pasta
- Spinach Pesto Fusilli with Ricotta 189

Pork & Veal
- Chops with Blue Cheese Sauce 158
- Coriander Pork Skewers and Red Onion Salsa 149

Poultry
- Chicken in Roasted Red Pepper Sauce 152

Salads
- Borgonzola and Walnut Salad 158
- Dilled Potato and Grilled Corn Salad 162
- Mexican Tostada Salad 186
- Smashed Potato Salad 175

Sandwich & Soups
- Cold Cream of Celery Soup with Blue Cheese 158
- Cream of Celery Soup with Blue Cheese 156
- Eggplant Provolone Panini 150
- Gazpacho with Grilled Shrimp 148

Vegetables
- Cajun Corn Sauté 168
- Corn Tempura 162
- Fried Okra 177
- Grilled Corn Polenta with Roasted Red Peppers 166
- Spaghetti Squash with Roasted Tomatoes 175

tested till perfect

Our Tested-Till-Perfect guarantee means we've tested every recipe, using the same grocery store ingredients and household appliances as you do, until we're sure you'll get perfect results at home.

ABOUT OUR NUTRITION INFORMATION

To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat).

Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should be reduced, whereas the intake from food sources of potassium should be increased to 4,700 mg per day.

Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, vitamins A and C, and folate.

Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients or those with no specified amounts.

ABBREVIATIONS:
cal = calories
pro = protein
carb = carbohydrate
sat. fat = saturated fat
chol = cholesterol

More at ebook-free-download.net or magazinesdownload.com

Niagara Fall

Travelling through the seasons to the late-summer harvest

BY AUSTEN GILLILAND

Within an hour I'm straining for the first sight of Niagara's orchards and vineyards. I can almost smell the ripe fruit, the soil, a tiny hint of must.

When I think of the place where I grew up, I picture orderly rows of fruit trees and grapevines. I conjure the thrill of cresting the edge of the Niagara Escarpment and seeing, just briefly, fields stretched out before me all the way to Lake Ontario, the glint of sun pennies on the deep blue water and, far away across the lake, the distinctive shapes of the CN Tower and the Rogers Centre, those mismatched twins of Toronto's skyline.

I'm a city dweller now, living in the shadow of those two great Toronto buildings. But when I get tired of the hustle-bustle, I head to Union Station, buy a train ticket and hop aboard. Within an hour I'm straining for the first sight of Niagara's orchards and vineyards.

That much-anticipated view changes over the course of the year. In the winter, I see bare branches and snow, black lines against grey skies. As the cold begins to recede, I watch for the first sign of hope – the faint rosy halo that surrounds the branches and vines as they reawaken.

When the fruit trees begin to blossom, the trees bloom in peach and pink and white and the palest of greens, the colours blending and shading as the train chugs by. It's a welcome sight after the long, barren winter, a fulfillment of the promise of those reddened late-winter branches.

Then the weather warms, the blossoms fade and the leaves fill in. This is when the true waiting begins.

All summer I have watched for signs of fruit. Each year I thrill to the sight of little green peaches, miniature pears and tiny green apples that make my mouth pucker just from looking at them. Now the trees are in full leaf, branches bowed under the weight of ripening fruit.

The ladders in the orchards and the boxes and baskets piled at the ends of the rows of trees show that harvest time has begun, and with it the countdown to fall. The bright red cherries are first; then peaches and apricots, blushing and fuzzy. As the days shorten and the nights cool, it's time to pick the apples, pears and, finally, the grapes.

I've surveyed the vines, too, waiting for the first tiny bunch of grapes, watching as they grew. Now full bunches droop from the vines; I can almost smell the ripe fruit, the soil, a tiny hint of must. Soon the grapes will be harvested too – all except a special few, destined for icewine, that will stay on the vines until the frost settles in.

By the time those last grapes have been gathered, the fruit trees will be bare-branched once again. The air will smell of wood smoke and cider. Soon the snow will fly and the cycle will begin anew. But until then, there are the last of the peaches to be canned, apples to be baked into pies, and a bunch of Concord grapes to be savoured, still warm from the sun, their skins almost splitting with juice. They taste like home. ■

PHOTOGRAPHY, KATE WILLIAMS/FIRSTLIGHT

AUSTEN GILLILAND grew up in the Niagara region. She loves roadside fruit stands and the sight of vineyards swathed in early morning mist.

Do you have a My Canada you would like to share? Please send 500-word submissions to mycanada@canadianliving.com.

More at ebook-free-download.net or magazinesdownload.com

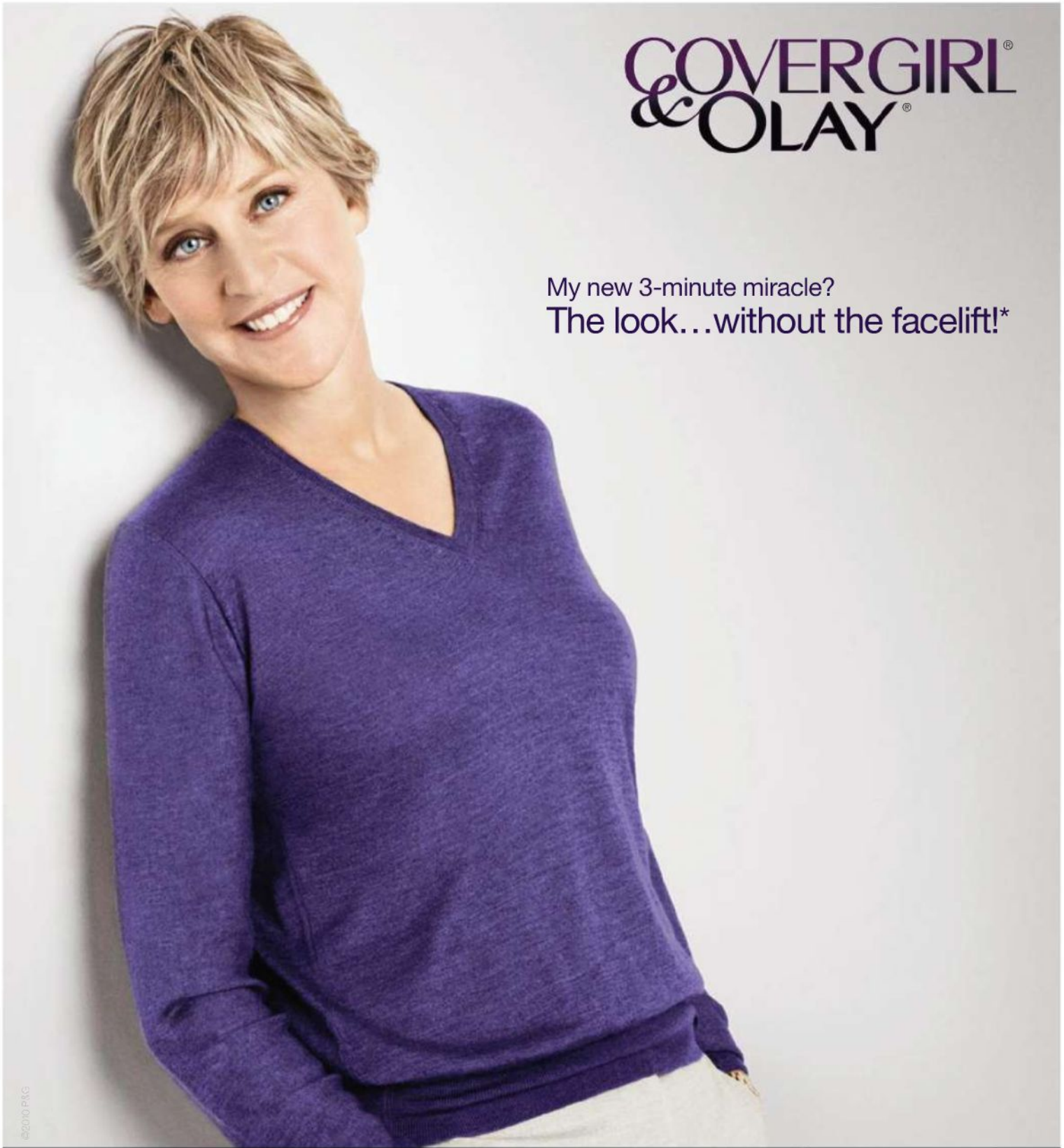
Bends with you. Twists with you. Rolls with you. Always Infinity does. With its amazingly absorbent, unbelievably flexible core, it adapts more, absorbs more and bounces back more than those *other* pads.* Just like magic. **Have a happy period.**

*Versus the leading and the next leading regular Ultra. ©2010 P&G

More at ebook-free-download.net or magazinesdownload.com

COVERGIRL®
& OLAY®

My new 3-minute miracle?
The look…without the facelift!*



©2010 P&G

NEW SIMPLY AGELESS SERUM PRIMER
AND FOUNDATION WITH OLAY REGENERIST SERUM

Smooth on my new Serum Primer to prep—hydrate and help firm skin's appearance—then smooth on my foundation to cover fine lines and wrinkles flawlessly…and wow! Everyone will wonder what you did!

Ellen DeGeneres looks simply amazing in Serum Primer plus Ivory foundation. easy breezy beautiful COVERGIRL

*By firming skin's appearance with results not comparable to surgical procedures.

More at ebook-free-download.net or magazinesdownload.com